SMART SCHOOL TIME Recipes

THE BREAKFAST, SNACK, AND LUNCHBOX COOKBOOK FOR HEALTHY KIDS AND ADULTS

CONTAINS 125 HEALTHY RECIPES THAT YOU AND YOUR KIDS WILL LOVE

Copyright and Publishing Info

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Opening Notes (Please Read!)

Why I Created This E-Book

Like many people, I did not grow up surrounded by garden fresh vegetables and fresh whole grain bread. French-fried potato wedges, Top Ramen, and ordinary bagels were what I called core lunchtime foods from early childhood on up. But, in university, I started learning the value of "real food." It made me feel good, it helped me perform better in sports and in school, and believe it or not, it TASTED BETTER. I became addicted to fruits, veggies, and fresh baked whole grain goodies. It is certainly not the worst vice to have.

So when I laid eyes on a "Back to School" ad from my local grocer (a grocer that is actually ahead of the curve in natural food offerings and local produce), I was compelled into action. That ad had not a single real food item in it. Lunch-able kits, sugary cereals, fake "fruit" snacks, pizza pockets with fake cheese... you name a chemical, it was in that ad. It saddened me to think how many kids were being raised as I was, sans nutrients but filled with Franken foods. I certainly do not blame the parents. It is what we are fed every day through the media. Conflicting health claims are everywhere, confusing us as to what is really good for ourselves and for the children.

But rather than get up on a soap box where my clumsy self could easily fall, and attempt to preach whole foods, I thought actually giving recipes and tips for healthy eating would directly HELP people when they are short on ideas and time.

I put out a call to many well respected healthy food bloggers, and was overwhelmed with the positive response. This ebook is filled with their favorite kid-friendly (and adult-friendly) recipes and several of mine. Please visit their blogs and checkout their cookbooks for more wonderful recipes.

Why Is It Free?

It is free because I want as many people as possible to have access to this ebook and to encourage including healthier foods in the diets of both kids and adults. Please do let others know that this e-cookbook is available directly from www.onefrugalfoodie.com and www.dairyfreeandfit.com

Peanut-Free and Nut-Free Policies

Many schools now have peanut-free or even nut-free policies, where children are not permitted to bring peanuts and/or nuts to school due to food allergen concerns of other students. Please respect these policies.

This ebook does include several recipes that use peanut butter and nut butter, but all is not lost. Here are your options:

- If the school is simply peanut-free, sub a different nut butter in equal amounts (almond, cashew, brazil nut, hazelnut, etc.).
- If nuts are also forbidden, turn to sunflower seed butter, soy butter, or pea butter. There are many brands for these that are made in peanut-free facilities, and they too can substitute in these recipes (in equal amounts) without a problem.
- If your child loves peanut butter, simply enjoy some of these recipes for breakfast, after school, or even dinner, rather than in the classroom. No need to deprive, just enjoy it where it won't cause harm to others.

The Definition of "Healthy"

I'm not here to define healthy foods or judge others. This ebook is intended to offer <u>healthier</u> options for kids and adults (with a strong focus on whole food ingredients), and to help prevent the inclusion of so many processed foods in lunchboxes and at the breakfast counter. If your definition of healthy does not include meat

s mply alter the recipes to your needs or use only those that are vegetarian as s Th s goes the same for your feel ngs on sugar fat, eggs da ry wheat etc I have included modif cat ons in many places to help accommodate special d et needs and even healthier tips (plus in general we tried to keep the recipes lower in sugar) but still use your best judgment and enjoy or mod fy the recipes that you think are best for your family No one follows the exact same "food rules" in life

Dairy Free Living
My world (work and personal) revolves around da ry free living, but I d d not want to exclude fam ly favor tes from contr butors s mply because they weren t dairy free So what I have done is included "good" da ry-free options and subst tutions for any rec pes that are not dairy free as is All of my opt ons noted should work qu te well and w thout a problem Please respect the fact that I wanted to make an ebook that would cater to as many people as possible (spec al d et or not) and that I can t help but offer some dairy free love too It is just what I do

Thank you! Please enjoy the recipes in this e cookbook and again feel free to let others know about it. It can be downloaded for free here www.onefrugalfoodie.com

Best Wishes,
Alisa Fleming

Founder of www GoDairyFree.org
Author of *Go Dairy Free The Guide and Cookbook*
Blogger at www OneFrugalFoodie com and www DairyFreeandFit.com

Contributors

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Alisa @ One Frugal Foodie (www.onefrugalfoodie.com) and **Dairy Free & Fit** (www.dairyfreeandfit.com)
Hi! I'm Alisa Fleming, the voice behind this e-book. I am the author of *Go Dairy Free: The Guide and Cookbook for Milk Allergies, Lactose Intolerance and Casein-Free Living*, and founder of the informational website by the same name: Go Dairy Free (www.godairyfree.org is now home to over 1 million visitors per year!). I created this e-cookbook with the help and contributions of the wonderful food bloggers and professionals below, who share my passion for delicious, whole foods living.

Cover Design

Emily @ The Blog Fairy (www.theblogfairy.com)
Cover design by Emily White of The Blog Fairy. Emily is a graphic designer who specializes in custom blog designs, as well as general graphic design (including ebook graphics, business cards, brochures, and fliers). Trust me, she is awesome! You can view her work and contact her via her website: The Blog Fairy.

Editors

Katie @ Making Food and Other Stuff (http://makingfoodandotherstuff.wordpress.com)
Katie is in graduate school, studying birds, on her way to getting a PhD in Biology. Her nerdy science-loving ways translate into a love of baking (because baking really is a science) and cooking, and she posts recipes of her (sometimes wacky) meals and baked goods. She has a mild obsession with all things fitness and health related and is constantly busy, so her recipes are all healthy, easy, and fast. Her blog is about her life (science, crafting, cooking/baking, and fitness), and in it she shows the world the "stuff she makes" with a hefty dose of sarcasm.

Nicole @ A Dash of Compassion (http://adashofcompassion.blogspot.com)
Nicole donated her professional editing services for this ebook! Nicole is a writer/editor by day and a vegan baker by night. She recently combined her skills to create her blog, A Dash of Compassion, where she muses about new vegan recipes and inspirations. She lives in Toronto, Canada, and dreams of writing cookbooks and saving the world, one cupcake at a time.

Recipe Contributors

Alexandra @ Delicious Knowledge (www.deliciousknowledge.com)
Alexandra Caspero MA, RD is owner of Delicious Knowledge, a personal training and nutrition services firm. An avid health enthusiast, Alexandra specializes in weight management, sports nutrition, and plant-based diets. She also teaches cooking and fitness classes in the community.

Alisa @ One Frugal Foodie (www.onefrugalfoodie.com)
See Author bio above.

Amy @ Simply Sugar and Gluten Free (www.simplysugarandglutenfree.com)
Amy Green, M.Ed., authors Simply Sugar & Gluten Free, a blog about eating well, eliminating refined sugars and gluten, and maintaining a healthy weight. She has been living free from refined sugars and wheat since 2004 and, as a result, is maintaining a 60+ pound weight loss. A former elementary teacher and small business owner,

Amy is currently writing her first cookbook, which will be released in January 2011. She lives with her husband and four dogs in Dallas, TX where she teaches local sugar-free, gluten-free cooking classes.

Andrea @ Bakery Manis (http://bakerymanis.wordpress.com)
Andrea Devon Bertoli has a graduate degree in political science and women's studies, but escaped academia to play in the kitchen and the garden. She has worked at a French bakery, an organic farm, and a cafe, but currently makes raw and vegan goodies at a vegetarian market on Maui, where she lives with her handsome farmer boyfriend. She writes about food news, baking, and feminist homemaking at Bakery Manis and at Hawaii Women's Journal.

Angela @ Oh She Glows (www.ohsheglows.com)
Angela has an undergraduate and a Master's degree in social psychology, but during university she also took several nutrition courses as she has always been passionate about nutrition. Her blog is dedicated to inspiring and motivating others to lead full, happy, and healthy lives. Angela also started up her own business, Glo Bakery (www.globakery.com), which is a healthy bakery filled with wholesome goodies.

Averie @ Love Veggies and Yoga (www.loveveggiesandyoga.com)
Averie believes in making food and exercise choices that facilitate an individual's optimal health & well-being. After a lifetime of various symptoms, Averie realized that she was allergic and intolerant to many foods. In her journey toward improved health, she realized that a high raw, gluten-free, soy-light, vegan path was what works best for her body. Her recipes are known to be gluten-free, vegan, and often no-bake or raw, using commonly sourced ingredients and "everyday" items. Nothing fancy, long, or complicated is what sets Averie's recipes apart from many. She is a vegan bodybuilder, a vegan teacher, a wife, and mother and lives in San Diego, CA.

Cathe @ Cathe's Kitchen (http://catheolson.blogspot.com)
Cathe Olson is the author of *Simply Natural Baby Food*, *The Vegetarian Mother's Cookbook*, and *Lick It! Creamy Dreamy Vegan Ice Creams Your Mouth Will Love*. She shares sample recipes from these books and newly created ones on her blog, but you can also read more about Cathe and her books at www.simplynaturalbooks.com.

Celine @ Have Cake Will Travel (www.havecakewilltravel.com)
Celine Steen has one of the most prestigious vegan blogs on the net. Her short, witty posts are almost always followed by a delicious original recipe. It is no wonder that Celine's blog has led to numerous published cookbooks. She is the proud co-author of *500 Vegan Recipes*, with two more books due out in 2010/2011.

Deanna @ The Mommy Bowl (www.themommybowl.com)
Deanna lives in Madison, Wisconsin with her son and husband and a cat named Mouse. She's been cooking and baking since she could reach the counters on a stool, and loves to get her son involved in the kitchen. Tool in addition to enjoying all things food, she works for the University of Wisconsin Extension pounding out code on a computer, pretends to be a triathlete, and encourages women to get out and get active as a team leader of the Madison LUNA Chix cycling team. She's been gluten-free for 8 months, and loves (almost) every minute of it.

Elana @ Elana's Pantry (www.elanaspantry.com)
Elana lives with her husband and two boys in Colorado. Both she and one of her sons were diagnosed with Celiac Disease, causing her cooking to take on an entirely new dimension as they both went on a gluten-free diet. With a house full of tough food critics, Elana has perfected many recipes that are not only gluten-free, but grain-free. She shares these recipes on her blog and in her recent best-selling book *The Almond Flour Cookbook*.

Emilee @ No Whey Baby (http://nowheybaby.blogspot.com)
Emilee enjoys being a stay-at-home mom to two boys, ages 3 years and 5 months, in the San Francisco Bay Area. She has a degree in hotel & restaurant management from Cornell University.

Enn @ The Healthy Apron (www.thehealthyapron.com)
Enn is a reg stered d et t an! She loves promoting health wellness and posit ve body mage through her blog, while try ng to show people that healthy foods can taste del cious!

Flo @ Makanai (www.makanaiblo.com)
Flo s French and lives 50 m les south of Pans n a semi-rural little town with her 3 daughters and husband She loves cooking and bread bak ng and as 4 members out of 5 in her family have multiple food ntolerances she now excludes dairy products gluten eggs and soy among other ngred ents Her blog is wr tten in French but if you have any quest on regarding the recipe she s already posted she ll be happy to answer you n English

Hallie @ Daily Bites (www.halliekiecker.com)
Hallie Kiecker received her Nutrition Educator Certification from Bauman College of Holist c Nutrition She is also a Cert fied Personal Chef and has a deep passion for natural foods. When she s not cooking or testing recipes Hallie enjoys strolling through farmers markets and updating her gluten free recipe blog, where she chronicles her adventures in living life gluten free one bite at a time

Hannah @ Bittersweet (http://bittersweetblog.wordpress.com)
Hannah is the author of *My Sweet Vegan* and several dessert e-cookbooks She is studying photography a passion that carries over into her beautiful and extremely popular blog Though she shares several creative new recipes each month you can also expect to enjoy her crafts photos and stories at Bittersweet

Heather @ Heather Eats Almond Butter (www.heathereatsalmondbutter.com)
After losing over 100 pounds 10 years ago, Heather yearns to share how she lost the weight and how she continues to maintain her weight loss She emphasizes healthy wholesome eating and sensible exercise

Hemi @ Fooducate (www.fooducate.com)
Hemi Weingarten is raising three toddlers in the San Francisco Bay Area and doing his best to provide them with healthy food He s a high tech exec with a graduate degree yet he still found it difficult to make information based decisions for a task as simple as putting groceries into his shopping cart. So he started Fooducate a grocery advisor that disseminates health claims and helps people to choose the best food for their families

Jennifer @ Evolving Well (www.evolvingwell.com)
Jenn fer Fugo CHC RYT is a certif ed health coach yoga teacher and owner of Evolving Well Health Coaching She is ntolerant of gluten dairy and eggs so her rec pes are reflective of the creat ve nature that comes from hav ng to work around food sensitivities both in her own life and those of her coaching clients. Jenn fer shares more about her work and rec pes on her blog

Jennifer @ She's a Fit Chick (www.shesafitchick.com)
Jennifer Edwards is a 25 year old personal tra ner and author of She's a Fit Chick, a fabulous blog on food and f tness Jenn fer has a passion for helping women get and stay fit and healthy She currently l ves n Connecticut

Jennifer @ Vegan Lunch Box (http //veganlunchbox.blogspot.com)
Jennifer is the author of *Vegan Lunch Box* and *Vegan Lunch Box Around the World* She s lnerally an expert n creat ve and healthy meals for kids She loves packing creat ve lunches and finding new ways to get her son to eat his vegetables! She wants to nspire others to eat more healthy plant based meals and move more

Joanne @ Eats Well With Others (www.joanne-eatswellwithothers.com)
Joanne Bruno is a second year MD/PhD student n the We ll Cornell/Rockefeller/Sloan Kettering Tri Institutional program Her food blog, Eats Well With Others provides ins ght nto the often r d culous and always del c ous thoughts ramb ngs experiences and food that she encounters along the way to gett ng two degrees

Kat @ Keep'n The Faith (www.keepnthefaith.com)
Kat started her blog because of her love for good food. She has a huge heart for nutrition and new foods and loves leading an active, fun lifestyle. She enjoys sharing her healthy lifestyle with others (especially her younger siblings and cousins, who love her recipes!) and believes the key to a happy life is a balance of whole foods, faith and a few indulgences.

Katie @ Chocolate Covered Katie (www.chocolatecoveredkatie.com)
A vegan and extreme chocoholic lives over at the Chocolate Covered Katie blog. It's there that she creates ridiculously healthy chocolate creations so delicious that they surprise even her fried food-loving friends. Katie believes that "chocolate" is the answer to every question.

Katie @ Making Food and Other Stuff (http://makingfoodandotherstuff.wordpress.com)
See Editor bio above.

Kiersten @ Vegan Awakening (http://veganawakening.wordpress.com)
Kiersten is a 22 year old college student living in Charlotte, North Carolina. She is majoring in Psychology and also has a degree in Culinary Arts. She loves animals and has been vegan for 2 years. Kiersten started blogging 2 years ago so she could share her kitchen experiences and talk about eating disorders/body image issues.

Kim @ Cook IT Allergy Free (www.cookitallergyfree.com)
After her son and subsequently her husband were diagnosed with Celiac Disease five years ago, Kim decided to embrace the challenge and teach herself everything there was to know about eating gluten free. Thus, she began work on a Master's Degree in Nutrition (with an emphasis in Holistic Nutrition). She started having so much fun on her new educational path that she knew she had to help others learn how to enjoy feeding their families when dealing with Celiac Disease and other food allergies and sensitivities.

Kiran @ Wish (http://wishbeyondcakeandicecream.blogspot.com)
Kiran is a mother of three young kids and she finds herself spending quite a lot of time in the kitchen. Luckily she loves to cook and learn about new cuisines and cooking techniques. Recently she has been experimenting a lot with vegan cooking.

La @ Famille d'Arsenal (http://arsenalfamily.wordpress.com)
La is a mother of one and is doing her best to feed her family healthy foods! She enjoys running and watching her husband play soccer.

Laura @ Fresh Fare (http://rdsamplings.blogspot.com)
Laura Russell is a Registered Dietitian and Diabetes Educator in Bismarck, ND. She loves cooking, baking, and discovering how to make food taste good while being healthy, too.

Lauren @ Healthy Delicious (www.healthydelicious.com)
On her blog, Healthy Delicious, Lauren shares original recipes featuring fresh, natural ingredients with a gourmet flare (and the occasional indulgence!) and shows that cooking doesn't have to be intimidating — it's a chance to create what you want to eat.

Lauren @ Whole Wheat or Bust (http://wholewheatorbust.wordpress.com)
Lauren is a college student majoring in nutritional biochemistry with a goal to go into research on phytochemicals and antioxidants and their carcinogen fighting properties. She enjoys cooking, reading, and being active outdoors, and is even known to take on the occasional triathlon.

Laury @ The Fitness Dish (www.thefitnessdish.com)
Laury Ra ken is a personal trainer, nutritionist and health blogger. Laury str ves to help insp re others to maintain a healthy balance in their lives, by posting healthy rec pes, fun exercises and mot vational t ps on her blog. She believes that a healthy d et, above all, is the best med c ne!

Libby @ The Allergic Kid (http://allergickid.blogspot.com)
Libby Ilson s the mother of a child with life-threatening food allerg es to peanuts, shellfish, eggs, m lk and red meat. She writes the blog The Allerg c Kid, where she shares (mostly) successful recipes, k tchen disasters, packed lunch ideas, true confessions, rants about inadequately labeled foods, medicines and beauty products and tales of the extreme parent ng required to keep a child alive in a world full of allergens.

Lindsay @ Cotter Crunch (http://cottercrunch.blogspot.com)
Lindsay Cotter is the wife of a professional triathlete, a nutrition manager, fitness instructor, and Kombucha lover who has a joyous passion for creative cooking! She and her husband, James, live in Austin, but they used to live in Kona where Lindsay worked as a race director for Islands triathlons and was a fitness instructor at some of the resorts. Lindsay and James are passionate about sharing and living a full, wholesome, and healthy life. It's a crazy ride but they make a good team.

Liz @ VeggieGirl (http://veggiegirlvegan.blogspot.com)
Friends and family reap the benefits of Liz's love for baking. Since she is allergy prone and managing Crohn's disease, she is constantly experimenting with recipes, but the results always tend to be delicious. Beyond the kitchen, Liz has a passion for nutrition, food photography, dance, fitness, writing, and much more. She is also a journalism major, leaning towards a career in broadcast journalism.

Lori @ What Runs Lori (www.whatrunslori.com)
Lori Thomas, exercise enthusiast, passionate foodie, and creator of What Runs Lori, is a woman on a mission to eat well while staying fit. Whether training for a half marathon, sipping on wine, or creating healthful desserts to share, she never stops living life to the fullest.

Maggie @ She Let Them Eat Cake (www.sheletthemeatcake.com)
Maggie Savage is a gluten free, dairy free, egg free and real food blogger. Maggie s husband was diagnosed w th Celiac D sease about 7 years ago and she s been baking gluten free since. Her 4 year-old son was recently d agnosed with gluten, dairy, and egg intolerances. It was this news that lead Maggie s fam ly to become an entirely gluten free and da ry free family. In the past couple of years, Maggie and her family have d scovered real food and the power that comes with eat ng real food. They've never felt better.

Marianne @ From French Fries to Flax Seeds (http://frenchfr estoflaxseeds.wordpress.com)
Mar anne is a 30 something food e turned D etetics student located in Vancouver, BC, Canada. Her food philosophy s simple: eat foods you enjoy and eat to feel good. You can find her food creations and musings served up w th a side of West Coast pr de (and the odd cat photo) over at her blog.

Marta @ Yummy Veggies (http://martasrecipes.blogspot.com)
Marta is a SAHM who loves tasty food. Cook ng s one of her hobb es and f nding tasty vegan alternatives is a passion. She enjoys spending time with her husband and children, teaching ch ldren at church, pa nt ng and photography.

Melissa @ Frugalissa Finds (www.frugalissafinds.com)
Melissa (aka Frugalissa) is a wife and mom to 2 kiddos. They live in Tennessee. Melissa is quite savvy at find ng deals and sav ng money. Her motto s "Frugal does not mean I have to be cheap." She is into natural living, be ng green and feed ng her fam ly healthy, wholesome food. She is proof that you can st ll be healthy and frugal, too.

Meredyth @ Mission Vegan (www.missionvegan.com)
Meredyth Hite is a wife, mom and kitchen enthusiast. A vegetarian for 10 years, vegan for 2 of those - she's always looking for creative ways to sneak extra nutrition into her family's meals. In her spare time, she runs a budding vegan bakery, specializing in fancy and fun cakes and cupcakes.

Miss Dropsie @ Healthy Food, Healthy Mind, Healthy Me (http://missdropsie.blogspot.com)
Miss Dropsie writes, cooks, and occasionally stands on her soapbox in an effort to spread the word about what real nutrition is all about. She is passionate about eating real food (i.e. that which has no ingredient list), eating organics wherever possible, and finding ways to enjoy food despite dietary restrictions (gluten, dairy, eggs, corn and red meat). Most of all, she loves to eat and, in her own disorderly way, strives to balance that against her quest for health.

Naomi @ Straight Into Bed Cakefree and Dried (http://milkforthemorningcake.blogspot.com)
Homeopath and Nutritionist Naomi Devlin blogs from the beautiful (UK) Dorset coast. After battling with her own insides for many years and a coeliac diagnosis, Naomi found a way to eat that suits her body. She now writes about the joy of seasonal food, eating grain- and sugar-free and the many moments of clarity and hilarity that mothering brings.

Ricki @ Diet, Dessert and Dogs (www.dietdessertndogs.com)
Ricki Heller, PhD, RHN, is a holistic nutritionist, cooking class instructor and author of *Sweet Freedom: Desserts You'll Love without Wheat, Eggs, Dairy or Refined Sugar*, as well as two e-cookbooks that are available through her blog. In addition to the dozens of recipes available in her books, Ricki posts delicious new anti-Candida recipes (gluten-free, low glycemic and low allergen) on her food blog.

Sarah @ Mom on the Run (www.healthymomontherun.com)
Mom on the Run is a thirty-something wife and mom of two beautiful girls. She lives in New England with her 5 cats and 2 dogs and leads a very active life. She started this blog after being inspired by her good friend Monique, who was documenting her culinary finds everyday. Sarah opted to follow her lead, but include her own family-friendly recipes and product finds for busy moms.

Sarena @ The Non-Dairy Queen (http://thenondairyqueen.blogspot.com)
Sarena is a graduate of The School of Culinary Arts in Atlanta. She has worked in various fields in the culinary industry since 1995. She discovered that she's lactose "challenged" (as her husband so lovingly calls it) in 2005. They later learned that her husband has Celiac Disease, adding to the "free from" needs in her household. Sarena's blog is a journal of her family's favorite recipes and foods, most of which are dairy-free, gluten-free and soy-free.

Sierra @ Peas Love and Happiness (www.peasloveandhappiness.com)
A big kid at heart, Sierra still plays with her food. She's ever on the quest to find the perfect bite that is not only delicious, but healthy as well.

Sophia @ Burp and Slurp (www.burpandslurp.com)
Sophia Lee is the hungry blogger behind Burp and Slurp, a food/faith blog that unapologetically slurps up life with enthusiasm and candidly burps with satisfaction. Because life needs to be enjoyed, in more ways than food. But mostly food.

Susan @ Fat Free Vegan (http://blog.fatfreevegan.com)
Susan is a legendary food blogger, even beyond the vegan circuit. She lives in Jackson, MS, with her husband and daughter, who both test her recipes and offer helpful criticism. Susan has been vegetarian since 1988, but in

1994 she went vegan (el minating all animal products) learned how to cook without added fat, and lost over 100 lbs Her blog contains literally hundreds of low-fat vegan whole food rec pes

Teresa @ Teresa's Tips Weblog (http //teresastips wordpress com)
Teresa Winters is the mother of a wonderful little 3-year old boy who has intolerances to dairy eggs soy and beef As someone who loves to cook and eat Teresa has developed recipes that she and her son can enjoy together and still be healthy On her blog she shares bits of w sdom about food and caring for the environment Teresa happily lives in Southern California

Ingredient Notes

Almond Flour

There are many brands to choose from, but gluten free baking pros recommend buying blanched almond flour and preferably from a company called Honeyville. Several say that Bob's Red Mill is too coarse. I'm going to be honest with you. I've baked the exact same recipe side by side with blanched Honeyville almond flour and my home grind of unblanched raw almonds just whizzed in my spice grinder, and there was absolutely no difference in performance. Since mine were unblanched (still had the skins), they were slightly darker and just a touch different in taste (you could only tell side by side). Also, since mine was a home grind, there were a few small chunks. But seriously, if you don't want to invest in almond flour to try some of these recipes, just whiz some almonds in your spice grinder or food processor. You are aiming for a very fine crumb. If you blend for too long, it will turn into nut butter. When this happens, I just put the nut butter in the fridge to have with toast, and start again! No waste!

Chia Seeds

These seem to be the new seed superfood, and yes, chia seeds are directly related to the Chia Pet. They can be used whole or ground, and act a bit like tapioca when mixed with water. Many stores are carrying them now (ask your grocer), but they are abundant online if you can't find them locally.

Flax Seeds

You will see several recipes that use flax seeds in this collection. They are quite inexpensive and very versatile (look for them in the bulk food department or ask your grocer which section stocks them). Most of the recipes require that you grind them. I recommend that you buy whole flax seeds, because they are cheaper, and because ground flax seeds (otherwise known as flax meal) tend to go rancid rather quickly. Best to grind it fresh as you need it with a cheap spice / coffee grinder.

Gluten-Free Flour Blend

Some recipe divas simply use a store bought gluten free blend to make baking simple. There are several brands to choose from, but I find the most common and easy to find brand is Bob's Red Mill. Look in the natural food, baking, or gluten free section of your grocer for options.

Gluten-Free Oats

For those who are gluten-free, certified gluten-free oats are becoming much more readily available. If they don't offer them at your store, a quick search online will yield many results. Not all who are gluten free can tolerate gluten-free oats, but it is a good opt on for many.

Nutritional Yeast

Trust me, it isn't as bad as the name sounds. In fact, most brands of this stuff add a healthy dose of B vitamins and a bold cheesy flavor without the added fats. Nutritional yeast flakes have been used in vegan circles and as a supplement for decades, but has hit the mainstream in recent years as a flavor booster for regular at home chefs. Just be sure to use modest amounts at first, as too much can overpower a dish. Nutritional yeast can be found in the natural food or bulk departments of many grocers and, of course, it can also be found online.

Quinoa and Quinoa Flour

Quinoa is not technically a grain, but rather a grain-like crop or "pseudocereal." For this reason, quinoa flour has become very popular for gluten free baking. Quinoa can be cooked up like rice and used in much the same fashion. It's smaller than rice and a bit nutter, but tasty nonetheless. Since it is rich in protein, fiber, and many wonderful vitamins and minerals, quinoa has become very popular with healthy foodies. So, not surprisingly, you will spot it in a few recipes in this ebook. Most grocers do sell quinoa (though the flour is easiest to find in natural food stores or online). I typically buy it from the bulk food bins where it is quite inexpensive.

Soy Sauce
Yes I know you all know what soy sauce is but surprisingly there are many varieties available I suggest you seek out an organic or non GMO soy sauce or tamari since soy is a top GMO crop in the U S A If you are gluten free look for wheat free tamari (I linked to a relatively inexpensive source, but I do find this cheaper in stores). San J and Eden Foods each make good versions of it that I rarely have trouble locating Also believe it or not, there are soy free "soy sauces" popping up on the market. I have seen two the most popular of which is "coconut aminos" I have been told it is a remarkable substitute

Spelt Flour
Spelt flour contains less gluten than wheat flour but it isn't gluten free Some who are allergic or intolerant to wheat can consume spelt I buy it simply because I like the flavor I find it slightly sweeter and nutter than wheat You can buy whole spelt flour which is the only type I purchase but they also have white spelt flour for a lighter bake For some reason, I still find it hard to find spelt flour locally My store does carry one brand but sometimes I shop around online If you can't find spelt, you can substitute wheat flour in equal amounts

Sucanat
Sucanat is an unrefined sugar that comes in a granular format, but it is coarser than white sugar and drier than brown sugar It is otherwise known as "evaporated cane juice" If you can't locate it you can substitute coconut / palm sugar or brown sugar for it in equal amounts

Xanthan Gum
You will only need this ingredient if you are opting to bake gluten free Xanthan gum is basically the replacement "glue" for the gluten It may seem a little pricey but you only use a teaspoon or so at a time so a bag will last you for a long time

Online Shopping for Healthy Food
Healthy foodies should get comfortable with online shopping I buy many grocery items online because **a)** they may be hard to find in conventional grocers and/or **b)** they are much less expensive Yes believe it or not I save a bundle by shopping for some food items online For a list of online specialty and health food retailers see the following page www.godairyfree.org/Food-to-Eat/Online-Food-Retailers

Morning Muffin Mania

[illegible] The following recipes can be baked in [illegible] for the week (refrigerate to keep the [illegible] fresh longer) [illegible] freeze them to pop in a lunchbox anytime.

Healthy Start Blueberry Muffins

Whole Grain Lemon Poppy Seed Muffins

Lowfat Double Chocolate Chip Muffins

Peanut Butter Banana Chocolate Chip Muffins

Gluten Free Morning Glory Muffins

Dropsie's Gluten Free, Vegan Banana Muffins

Banana Coconut Spelt Muffins

Grain Free Raisin "Bran" Muffins

Wholesome Oat Bran Muffins

Butter Then Paula Dean's Zucchini Bread (or Muffins)

Healthy Start Blueberry Muffins

Recipe by Laura of Fresh Fare (http://rdsamplings.blogspot.com)

As a dietician and diabetes educator, Laura knows that people like their baked goodies, so she does her best to swap in whole grains and nutrients while still creating delicious results. She developed these on-the-go muffins for her husband, he enjoys breakfast, but not getting up early enough to have it.

Ingredients:

- 3/4 cup whole wheat flour
- 3/4 cup unbleached white flour
- 1 cup rolled oats
- 1/4 cup ground flax seeds
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- pinch salt
- 1 beaten egg
- 1 ripe banana, smashed
- 3/4 cup milk
- 1/2 cup packed brown sugar
- 2 tablespoons canola or vegetable oil [or your baking oil of choice]
- 1 teaspoon vanilla extract
- 1 cup fresh blueberries [can sub frozen blueberries, but do not defrost]

Preheat your oven to 400ºF. Grease twelve 2-1/2-inch muffin cups or line them with paper bake cups.

Stir together flours, oats, flax seed, baking powder, baking soda, and salt in a bowl. Make a well in the center of the mixture. Combine the egg, banana, milk, brown sugar, oil, and vanilla in another bowl. Add egg mixture all at once to flour mixture. Stir just until moistened. Gently fold blueberries into the batter. Spoon the batter into the prepared muffin cups, filling each 3/4 full. Bake for about 15 minutes.

Also's Dairy-Free Note
Sub your favorite unsweetened or plain milk alternative for the milk in this recipe (rice, hemp, almond, etc.)

Makes 12 muffins

Whole Grain Lemon Poppy Seed Muffins

Recipe by Lauren of Whole Wheat or Bust (http://wholewheatorbust.wordpress.com)

From Lauren: "...these are better than Starbucks! Y'all must make these today. They are amazing."

Ingredients

- 1 1/2 cups whole wheat flour
- 1 1/2 tablespoons poppy seeds
- 1/4 cup sugar
- almost 1 teaspoon baking soda
- almost 1 teaspoon baking powder
- pinch salt
- almost 1/2 cup light sour cream
- 1 1/2 tablespoons organic butter
- 1 egg
- almost 1/4 cup water
- 1 1/2 tablespoons lemon juice
- 1 teaspoon grated lemon zest / peel

Preheat oven to 400°F and lightly grease 6 muffin tins.

Combine the dry ingredients in a bowl (flour through salt). Combine the wet ingredients in a separate large bowl (sour cream through zest). Add the dry ingredients to the wet and mix with as few spatula swipes as possible (some lumps remaining is okay). Divide batter into the prepared muffin tins and bake for about 15-18 minutes or until they pass the toothpick test.

Alisa's Dairy Free Note

For the sour cream you can sub a vegan sour cream alternative (typically soy-based), a non-dairy yogurt, or for a "cleaner" recipe, use one of the quick sour cream alternative recipes from *Go Dairy Free* (one is soy-based, one is cashew based). For the butter, feel free to sub dairy-free margarine or your favorite baking oil in equal amounts.

Makes 6 big muffins

Lowfat Double Chocolate Chip Muffins

Recipe by Laury of The Fitness Dish (www.thefitnessdish.com)

From Laury: "Great way to sneak in some morning oats!"

Ingredients

- 3/4 cup oat flour (grind up rolled oats in food processor until it reaches a flour-like consistency)
- 1/3 cup carob flour or unsweetened cocoa powder
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 dash cinnamon
- 1/2 cup chocolate chips
- 1 cup unsweetened, organic apple sauce
- 1/2 cup ripe mashed banana
- 1/2 tablespoon apple cider vinegar
- 1 teaspoon vanilla extract
- 1/4 teaspoon coconut extract

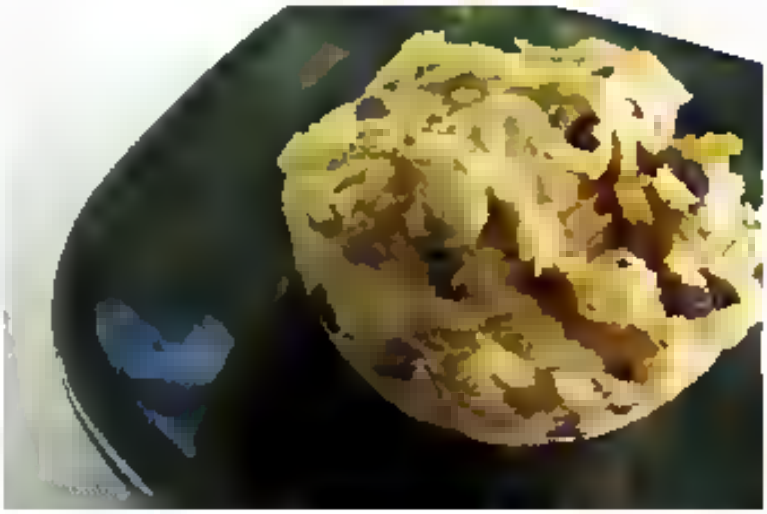
Preheat oven to 375ºF. Grease muffin tins with coconut oil or spray them with an organic, non-toxic cooking spray

Combine dry ingredients (oat flour through chocolate chips) and mix. Then combine wet ingredients (applesauce through extracts) and mix. Add dry ingredients to wet ingredients and thoroughly combine. Use a 3 ounce ice-cream scooper and scoop batter into each tin. Bake 20-25 minutes, rotate half way through. Watch it, since every oven is different, do not overcook

Makes 6 muffins

Peanut Butter Banana Chocolate Chip Muffins

Recipe by Katie of Making Food and Other Stuff (http://makingfoodandotherstuff.wordpress.com)



From Katie: "Now, I'm not going to lie to you. These muffins will change your life. Also, because they are relatively healthy, you (and by "you", I mean, I) can eat one for breakfast with a couple hard boiled eggs and call it "balanced."

Ingredients:

- 1 1/2 medium bananas, mashed
- 1 egg
- 1 teaspoon vanilla extract
- 1/3 cup sugar
- 1 tablespoon canola oil (or baking oil of your choice)
- 3/4 cup flour (whole wheat pastry flour or a gluten free blend. Katie goes gluten free)
- 3 Tablespoons PB2, peanut butter, or your favorite nut or seed butter (see note below)
- 1 teaspoon guar gum or xanthan gum (omit if not using gluten free flour)
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/3 cup chocolate chips

Preheat your oven to 350ºF

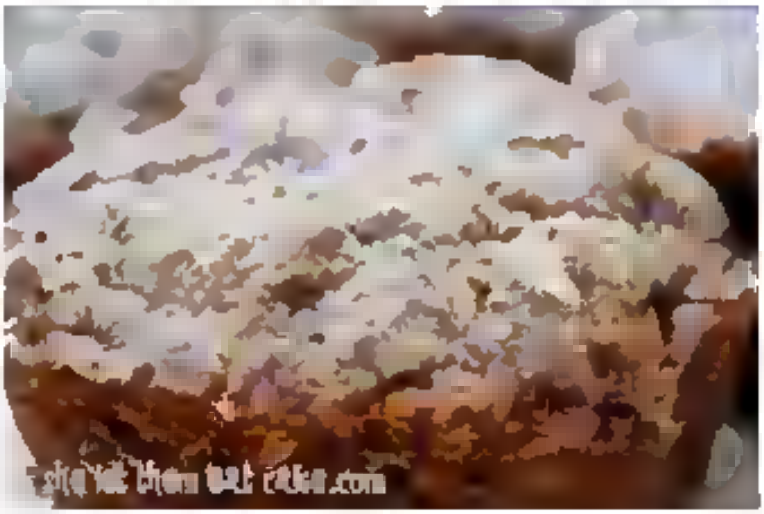
Mix banana, egg, vanilla, sugar, and oil in small bowl. In a separate bowl, combine the flour, PB2 (if using), guar gum or xanthan gum (if using), baking powder, baking soda, and salt. Make a well in the center of the flour mixture, pour in wet and mix until just combined. Fold in chocolate chips. Fill muffin tins about 3/4 full and bake for 12-15 minutes.

Note: If you don't have PB2, you can use 3 tablespoons of regular peanut butter (combine it with the wet ingredients), but you may need to add 1-2 tablespoons of flour. The consistency should be slightly thicker than regular muffin batter, but not quite as thick as cookie dough.

Makes 6-8 regular sized muffins

Gluten-Free Morning Glory Muffins

Recipe by Maggie of She Let Them Eat Cake (www.sheletthemeatcake.com)



From Maggie: "A perfect healthy, whole food breakfast, snack, or even dessert. These muffins are just as moist and delicious the next day, and the next day (if there are any left)."

Ingredients

- 1 cup almond flour
- 1/2 cup quinoa flour
- 2 teaspoon ground cinnamon
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon sea salt
- 1-1/2 cups grated carrot or zucchini (use a cheese grater or food processor to shred)
- 5 tablespoon ground flax seed mixed with 9 tablespoons warm water
- 1 mashed banana
- 1 teaspoon vanilla extract
- 1/2 cup maple syrup
- 1/3 cup grapeseed oil (or your preferred oil. I successfully tried olive oil too)
- 1/2 cup raisins (optional)
- 1/2 cup walnuts (optional)

Preheat your oven to 350ºF and line a muffin pan with cupcake liners or grease with oil.

In a large bowl, combine almond flour, quinoa flour, cinnamon, baking soda, baking powder, and sea salt. Add grated carrot and/or zucchini to the dry ingredients and combine.

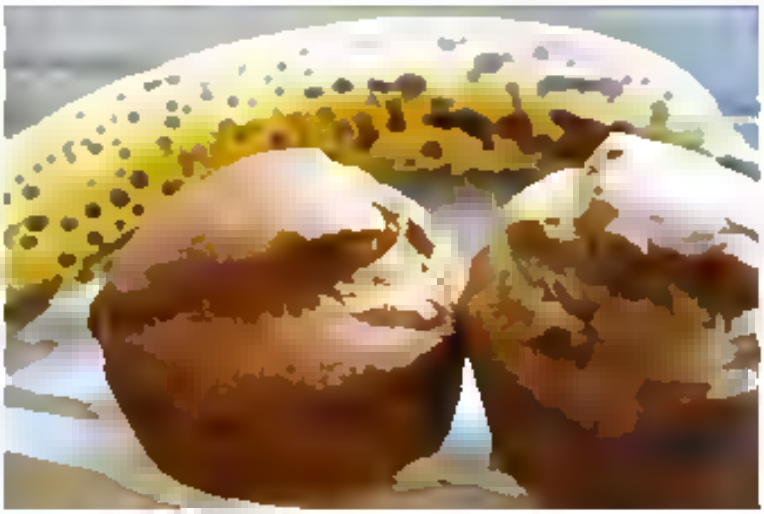
In a medium-sized bowl, combine ground flax-water mixture, mashed banana, vanilla, maple syrup, and oil. Add wet ingredients to dry ingredients and mix just until combined. Stir in raisins and nuts if desired.

Bake for 25 minutes. Remove from oven and let cool to the touch. If you're using a mini-muffin pan, bake for 10-12 minutes.

Makes 24 mini muffins and 5 regular sized muffins

Dropsie s Gluten-Free, Vegan Banana Muffins

Recipe by Miss Dropsie of Healthy Food, Healthy Mind, Healthy Me (http://missdropsie.blogspot.com)



Yes I know what you are thinking "Another banana muffin?" But I m all about giving you options and like the others this recipe has something special to offer It's egg free (you could optionally use 2 eggs in place of the flax/water mixture if you preferred) gluten free and uses unrefined sweeteners. The recipe is also very basic in flavors (letting those bananas shine) and of course kid-approved

From Miss Dropsie I have a love-hate relationship with muffins. I love to eat them, but I am crushed when I waste expensive ingredients and fail at making them So I d like to present ta daaaaa banana muffins!!!"

Ingredients

- 2 tablespoons ground flax seeds or flax meal
- 5 tablespoons water
- 3 large squishy overripe bananas
- 1/4 cup coconut oil
- 1/2 cup coconut / palm sugar [can sub evaporated cane juice or brown sugar in a pinch]
- 1 1/2 cups gluten free all-purpose flour mix (Miss Dropsie uses one that is brown rice white rice and potato starch)
- 1/2 teaspoon xanthan gum
- 1 teaspoon baking soda
- 1/4 teaspoon salt

Preheat oven to 350ºF Combine flax and water in a blender and as Jamie Oliver says "give it a waz." Let it rip for a minute or two then add in oil bananas then sugar Set it to mix and then in a big bowl combine the flour xanthan gum baking soda and salt. Pour the blender mix into the bowl and whisk.

Pour into lined or greased muffin tins, and bake for 17 20 minutes.

Makes 12 muffins

Banana Coconut Spelt Muffins

Recipe by Andrea of Bakery Manis (http://bakerymanis.wordpress.com)

Andrea shares several wheat free muffin recipes on her blog but she described this one as the most "kid friendly." If your child isn't a coconut fan simply omit the coconut flakes. You can sub another type of oil for the coconut oil but it doesn't noticeably affect the muffin flavor. Also soymilk is ideal in this recipe due to its ability to "curdle" but if you prefer you can substitute another milk alternative (your favorite should do)

From Andrea: "This is THE BEST banana muffin! Use only one bowl and your food processor and away you go!"

Ingredients

- 2 cups whole spelt flour
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon sea salt
- 1 cup mashed bananas
- 1/2 cup coconut oil
- 1/2 cup sucanat, coconut/palm sugar, or brown sugar
- 1/4 cup soymilk + 1 teaspoon cider vinegar
- 1/2 cup toasted coconut flakes
- 1/3 cup coconut flakes + 2 tablespoons turbinado sugar for topping

Preheat your oven to 350ºF, and grease twelve muffin cups or line them with paper bake cups.

Mix all the dry ingredients [flour through salt] and set aside. Peel and roughly chop the bananas; to measure the bananas gently mash with a fork into the measuring cup to make 1 cup, then add to the food processor along with the oil, sugar, and soymilk + vinegar. Blend until bananas are mostly pureed. [This can all be done by hand if you don't have a food processor.] Add the wet ingredients to the dry and mix until just combined. Fill muffin liners about 2/3 full with batter, and then add about 1 teaspoon of topping on top. Bake for 23-25 minutes.

Makes 12 muffins

Grain-Free Raisin "Bran" Muffins

Recipe by Kim of Cook it Allergy Free (www.cookitallergyfree.com)

Ingredients

- 3/4 cup blanched almond flour
- 1/4 cup flax meal (ground flaxseeds)
- 1 teaspoon baking soda
- 1-1/2 teaspoons ground cinnamon
- 1/2 teaspoon sea salt
- 1/3 cup honey
- 3 eggs
- 3 tablespoons canola oil [or baking oil of your choice]
- 1/4 cup water
- 1/2 cup raisins

Preheat your oven to 350°F, and line or grease 8 muffin tins.

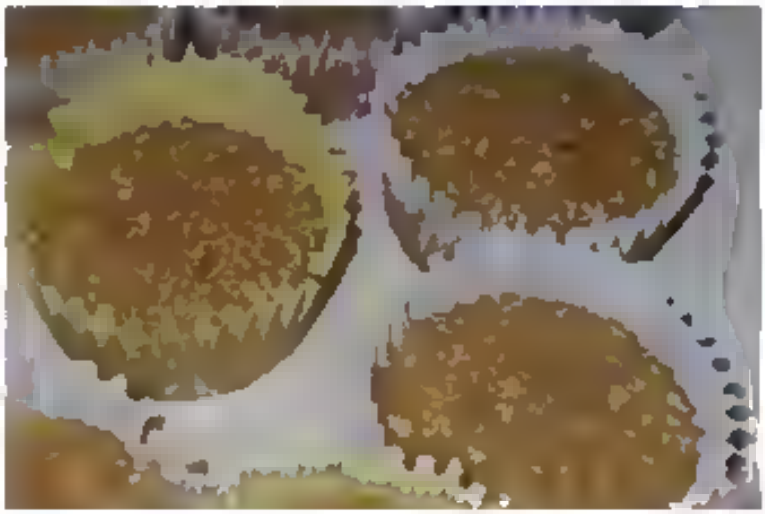
In a large bowl, combine almond flour, flax meal, baking soda, cinnamon and salt. In a blender, combine honey, eggs, oil, and water and blend on high speed until very smooth, at least 1 minute. Mix honey mixture into flour mixture and then add raisins. Spoon batter into lined muffin tins. Bake for 20-25 minutes. Cool and serve.

Egg-free option
Ener-G Egg Replacer will work well here in place of the eggs

Makes 8 muffins

Wholesome Oat Bran Muffins

Recipe by Kat of Keep n The Faith (www.keepnthefaith.com)



As a child (and adult) bran muff ns were actually my favorite. As long as they weren r hockey pucks, this dense, sweet, and filling treat was actually a major comfort food. Fortunately, Kat's bran muffins seem to fit that bill.

From Kat: "If you like oat bran then you should love these muffins! I know some people have issues with the texture of bran, but we thought these were super yummy. By the way, thay are pretty good for you, too."

Ingredients:

- 2 cups oat bran
- 1/4 cup firmly packed brown sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup almond milk (any unsweetened, plain, or vanilla milk alternative of your choosing can be subbed)
- 1 egg
- 1/4 cup honey
- 2 tablespoons applesauce

Preheat your oven to 425ºF, and line 12 medium muffin cups with paper baking cups.

Combine dry ingredients. Add milk alternative, egg, honey, and applesauce; mix just until ingredients are moistened. Fill muffin cups 3/4 full. Bake 14-17 minutes or until golden brown.

Note: You can stir in 1/2 cup frozen blueberries or 1 medium ripe mashed banana after the wet ingredients for a fruity variation.

Makes 12 muffins

Better Than Paula Dean's Zucchini Bread (or Muffins)

Recipe by Laura of Fresh Fare (http://rdsamplings.blogspot.com)

From Laura: "Normally I steer away from Paula Dean recipes because she tends to use a lot of fat and cooks more comfort southern foods that are not usually part of my repertoire However this recipe used oil instead of butter and had so many good reviews I thought it was worth a try "

Of course Laura couldn't resist "healthifying" the recipe more She subbed in whole wheat flour for half of the white reduced the sugars, added in some ground flax, reduced the eggs and reduced the oil The result still delicious and light!

Ingredients

- 1 1/2 cups whole wheat flour
- 1-1/2 cups unbleached white flour
- 1/4 cup ground flax seeds
- 1 cup granulated sugar
- 1 cup brown suger
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 2 cups grated zucchini
- 2 eggs beaten with 2 tablespoons of water
- 1/2 cup vegetable oil (or baking oil of your choice)
- 1/3 cup water
- 1 teaspoon lemon juice
- 1 teaspoon vanilla extract
- 1 cup chopped walnuts (optional)

Preheat oven to 350°F Spray two standard loaf pans, one bundt pan or two muffin tin pans with non stick spray (if not using paper liners in muffin tins)

Combine the flours flax sugars baking soda salt, cinnamon and nutmeg n a large bowl In a separate bowl combine zucchini eggs oil water lemon ju ce and vanilla Add the wet ingredients to the dry ingredients and mix together Fold in walnuts if using. Pour batter into prepared pans

Bake until browned and toothpick inserted in the center comes out clean For loaf pans- approximately 60 m nutes, bundt pan approx mately 45 minutes and muff ns approximately 30 minutes.

Makes 2 loaves, 1 bundt cake or 18 to 24 muffins

Sensational Smoothies

[illegible] hed sweet treat. They are ideal for a [illegible] them into a thermos for a breakfast-on-the-go (a [illegible] us). If [illegible] leftover smoothie you can freeze it into ice pop molds, or into small cubes to re-blend later.

True Blue Smoothie

Banana Cone Nuts Milkshake

Thick Mexican Chocolate Smoothie

Tropical Smoothie

Beach Blonde Smoothie

Mango Lime Smoothie

Simple Sweet Potato Smoothie

Pumpkin Pie Protein Smoothie

True Blue Smoothie

Recipe by Alisa Fleming of One Frugal Foodie (www.onefrugalfoodie.com) and author of Go Dairy Free

This recipe is from my book, *Go Dairy Free: The Guide and Cookbook*. It is my go-to smoothie, and trust me on this one — don't omit the spinach! I don't care who you are serving it to, they will never know it's in there. The blueberries mask the green color (blackberries work well, too), resulting in a beautiful purple beverage. As for the flavor — even the most adamant non-believers (including my greens hating husband) come back to me with surprise comments of delight. Yes, your kids will like it!

Ingredients:

- 1 medium very ripe banana, broken into chunks
- 1 cup frozen blueberries
- 1/2 to 1 cup unsweetened, plain or vanilla milk alternative of choice (almond milk, coconut milk beverage, and rice milk go nicely)
- 1/2 cup packed fresh baby spinach leaves
- 1/2 cup ice

Toss the banana, blueberries, and 1/2 cup of the milk alternative into your blender, and process until smooth. Add the spinach and any optional add-ins you might be using (see below), and blend until those little green specks vanish. Do not blend in too much "milk" at the beginning if you have a wimpy blender. You need some thickness to help grab and chop all of the spinach bits. If your mixture is too liquidy at first, you may end up with chunks of spinach! Once everything is pureed, blend in more milk alternative until it reaches your desired consistency. If desired, blend in some ice for a frostier treat.

Optional Add-ins

- sweetener to taste (agave, sugar, or your choice)
- 1 tablespoon ground flax seed
- 1/4 teaspoon ground cinnamon (optional)
- 1 to 2 tablespoons protein powder of choice

Makes 1 to 2 servings

Banana-Gone Nuts Milkshake

Recipe by Hallie of Daily Bites (www.hallieklecker.com)

Hallie definitely sheres my taste in many things, including the simple but delicious PB-Banana smoothie. I have at least one of these every week, and my recipe is near identical to Hallie's. However, sometimes I add in a double dose of PB, some cinnamon, and a dash of stevia if the bananas are less than super ripe. Honey and maple syrup also go nicely. Feel free to substitute any nut or seed butter for the peanut butter if you wish.

Ingredients

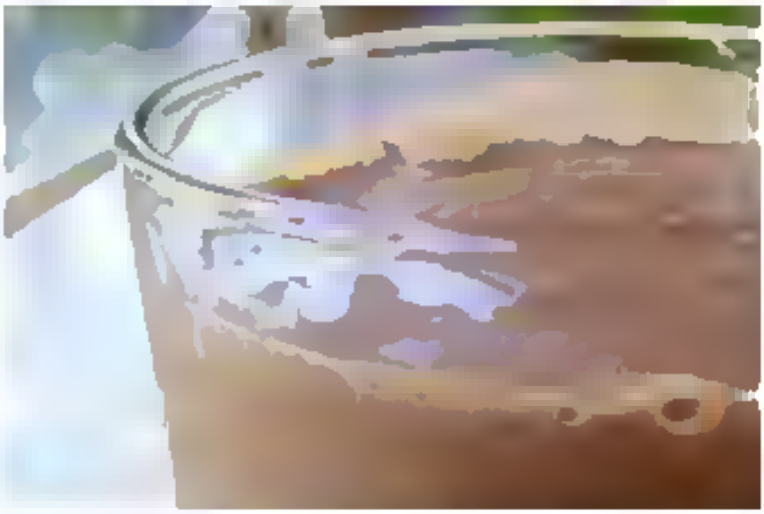
- 1 frozen banana, cut into two or three chunks
- 1 tablespoon creamy peanut butter
- 1/2 cup unsweetened almond milk (or swap in rice or hemp milk)
- 1/4 teaspoon vanilla extract
- fresh banana slices or chopped almonds (optional, for garnish)

Blend banana, peanut butter, almond milk, and vanilla in a blender on high until smooth. Garnish as desired and serve.

Makes 1 serving

Thick Mexican Chocolate Smoothie

Recipe by Alisa Fleming of One Frugal Foodie (www.onefrugalfoodie.com) and author of Go Dairy Free



This recipe is adapted from my book *Go Dairy Free*. It's very flexible and the results will vary depending on the amount of fruit you use, how ripe/sweet your fruit is, and how thick you want it. If it comes out too thin, add more frozen banana. If it's too thick, thin with more milk alternative. Also, for a sweeter option from the get go and more of a dessert shake, feel free to use a regular chocolate milk alternative rather than the unsweetened.

This, of course, isn't a traditional Mexican chocolate flavor, but I based the name on the almond and cinnamon combo, which tends to be quite common in many Mexican inspired sweets. To spice it up, you can add fresh ginger, crystallized ginger, or a pinch of cayenne – depending on what you like!

Ingredients

- 1 very large, very ripe banana (or 1.5 medium bananas), broken into chunks and frozen
- 3/4 to 1 1/4 cups unsweetened chocolate almond milk
- 1/2 ounce ground "raw" almonds (I use a spice grinder)
- 1 to 2 teaspoons cocoa powder
- 1/4 teaspoon ground cinnamon
- sweetener to taste (optional)

Combine the frozen banana and 3/4 cup of the almond milk in your blender, and pulse to combine. Add more milk alternative as needed to get the consistency you are looking for. I like mine really thick (and spoonable) so I use as little as I can get away with while still getting a smooth blend. Blend in the ground almonds, cocoa powder to taste (I like just 1 teaspoon, but 2 will give it a richer flavor), and cinnamon.

Optional Sweetener

Since I wait until my bananas are really ripe, I rarely need any added sweetener in this. But give it a taste test and add in a little of the sweet stuff if desired. You can use stevia, maple syrup, agave, brown sugar, white sugar, sucanat, palm sugar, etc., or for an all-fruit concoction, blend in a pitted fresh date.

Yields 1 to 2 cool and creamy servings

Tropical Smoothie

Recipe by Katie of Making Food and Other Stuff (http://makingfoodandotherstuff.wordpress.com)

Ingredients

- 1 peach, cut into chunks
- 1 mango, cut into chunks (or 1 cup pineapple chunks)
- 1/2 cup non-dairy milk of your choice (coconut milk beverage would work very nicely)
- 1/2 cup orange juice (or juice from canned pineapple)
- 1-2 tablespoon coconut flakes (optional)

Blend until smooth and creamy. If your blender is a bit wimpy, pulse the ingredients to help break them up before going for the blend, and add more liquid as needed.

Makes 2 servings

Beach Blonde Smoothie

Recipe by Emilee of No Whey Baby (http://www.newheybaby.blogspot.com)

Ingredients

- 1 banana, peeled & broken in chunks
- 1 white nectarine, pitted & chopped [can sub a peach, if desired]
- 1/2 cup fresh or frozen pineapple chunks
- 2 tablespoons sunflower seed butter or almond butter
- 3/4 cup rice milk or almond milk
- 1/4 teaspoon vanilla extract
- 1 tablespoon ground flax seed (optional)

Put all ingredients in blender and puree. If your blender is a bit wimpy, pulse the ingredients first to break them up before gearing up for the puree. Blend in ice to your desired consistency, if desired.

Makes 2 servings

Mango Lime Smoothie

Recipe by Katie of Making Food and Other Stuff (http://makingfoodandotherstuff.wordpress.com)

Ingredients

- 2 cups frozen mango chunks
- 1 cup non-dairy milk of choice
- 1 tablespoon lime juice
- sweetener to taste

Place all ingredients in your blender and blend until smooth and creamy. If your blender is a bit wimpy, pulse the ingredients to help break them up before going for the blend, and add more liquid as needed.

Makes 2 servings

Simple Sweet Potato Smoothie

Recipe by Ricki of Diet, Dessert and Dogs (www.dietdessertndogs.com) and author of Sweet Freedom

From Ricki: "Unlike many smoothies, this really does feel like a meal. The sweet potato provides a substantial density and nutritional profile here (both beta carotene and antioxidants), along with vitamin C in the fruit. I used eggnog flavored soymilk for a festive touch, but you can use any milk you please in this. The potatoes confer a natural, light sweetness, and the oranges add a bit of tang. I loved the cheery color and the thick, almost pudding-like consistency (I was tempted to eat this with a spoon, in fact)."

Ingredients:

- 1 medium sweet potato, baked until very soft, peeled and chilled overnight
- 3 mandarin oranges (or one small seedless orange), seeded, peeled and broken into sections
- 1 tablespoon (15 ml) ground chia seeds
- 1 tablespoon (15 ml) ground flax seeds
- 2 tablespoons (30 ml) whole old-fashioned rolled oats (if your blender isn't powerful, grind the oats to a powder in your spice grinder before adding to your blender)
- 1-1/2 teaspoons (7.5 ml) ground cinnamon
- 2 cups (480 ml) eggnog flavored soymilk or rice milk, or vanilla milk alternative of choice

Cut the sweet potato into chunks and place in a blender with all the other ingredients. Blend until very smooth and thick. Adjust the amount of milk to desired thickness. Drink immediately.

Makes 2 breakfast or 4 snack servings

Pumpkin Pie Protein Smoothie

Recipe by Lauren of Whole Wheat or Bust (http://wholewheatorbust.wordpress.com)

Smoothies can be a good way to sneak a little protein in once you find a protein powder that works for your family. There are many types to choose from, including whey (not dairy-free), soy, hemp, egg, rice, and Brazil nut protein powders. Of course, this smoothie is definitely good without the protein powder too!

Ingredients:

- 1/3 cup canned pumpkin, chilled or frozen cubes (best)
- 1/4 to 1/2 banana, frozen
- 3/4 cup vanilla soy milk or almond milk
- 1 teaspoon maple syrup
- 3/4 to 1 scoop protein powder, vanilla
- 1/2 teaspoon pumpkin pie spice
- 1/4 teaspoon ground cinnamon
- pinch xanthan gum or guar gum (optional)
- 1 to 2 ice cubes

Mix all ingredients in a blender until smooth and creamy.

Makes 1 serving

Easy Freezin' Waffles, Pancakes, and French Toast

An early morning option opt for a French toast recipe. Slice dip to absorb mo [illegible] least fussy of the bunch But, what you may not know is that waffles, pancakes, and French t [illegible] freeze wonderfully and can be popped in the toaster on a busy morning for instant comfort food Make [illegible] big batch on the weekend flash freeze and store in plastic bags Also for a lower sugar topping opt for [illegible] fruit, nut butter all fruit spread or even a little maple syrup mixed with ground flax seed or nut butt [illegible]

Sweet Potato Waffles

Gluten Free Peanut Butter Waffles

Oatmeal Blender Waffles

Frosted Cherry "Pop Tart" Pancakes

Whole Wheat Banana Pancakes

Banana French Toast

Kabocha French Toast

Sweet Potato Waffles

Recipe by Meredyth of Mission Vegan (www.missionvegan.com)

Even Meredyth's very picky toddler loved these simple waffles. For plain waffles, simply omit the sweet potato. For a banana spin, go ahead and replace the sweet potato with one to two mashed bananas.

Ingredients

- 1 1/2 cups milk alternative mixed with 1 1/2 tablespoons apple cider vinegar (Meredyth uses almond milk, but any original, unsweetened, or vanilla variety will work)
- 3 tablespoons ground flax seed
- 9 tablespoons water
- 1 medium sweet potato, cooked and peeled
- 2 tablespoons brown sugar
- 2 tablespoons dairy-free margarine (such as Earth Balance), melted
- 1 cup all-purpose white flour
- 1 cup whole wheat pastry flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt

First, mix together the "milk" and vinegar and set aside. In a food processor, combine the ground flax seed with the water and process until thick and creamy. Add the now soured milk alternative, sweet potato, brown sugar and margarine. Process until completely smooth (no chunks of potato left).

In a large mixing bowl, mix together the flours, baking powder and salt. Add the wet ingredients from the food processor and stir to combine. Thin out with a few tablespoons of additional "milk" or water if it is too thick.

Cook in a waffle iron according to the manufacturer's directions. Meredyth likes her waffles extra crispy, so she transfers them to a warm (250°F) oven after removing from the waffle iron.

Makes 4 to 6 servings

Gluten-Free Peanut Butter Waffles

Recipe by Deanna of The Mommy Bowl (www.themommybowl.com)

Like all of the peanut butter recipes in this ebook, you can sub in sunflower seed butter, pea butter, or your favorite nut butter to make them peanut free without a loss in the yumminess

From Deanna, "I don't spoil my child. Nope. Not at all. But, when he looks at me w th those big blue eyes and says, "Mama, will you make waffles, please? I haven't had them in a long time" I just can't resist. Today, he wanted peanut butter waffles. Hmm .. That's a new one. But, sure, why not."

Ingredients

- 1 tablespoon ground flax seed
- 2 tablespoons hot water
- 1/2 cup natural peanut butter (creamy or chunky)
- 3 tablespoons maple syrup
- 1 tablespoon oil (your baking oil of choice)
- 1-1/2 cups plain rice milk (or non dairy milk of your choice)
- 1 teaspoon vanilla extract
- 1 cup sorghum flour
- 1/4 cup cornstarch (if you're sensitive to corn, sub arrowroot or tapioca starch)
- 1/2 teaspoon xanthan gum
- 1 tablespoon baking powder
- 1/2 teaspoon salt

Preheat your waffle iron according to manufacturer's instructions

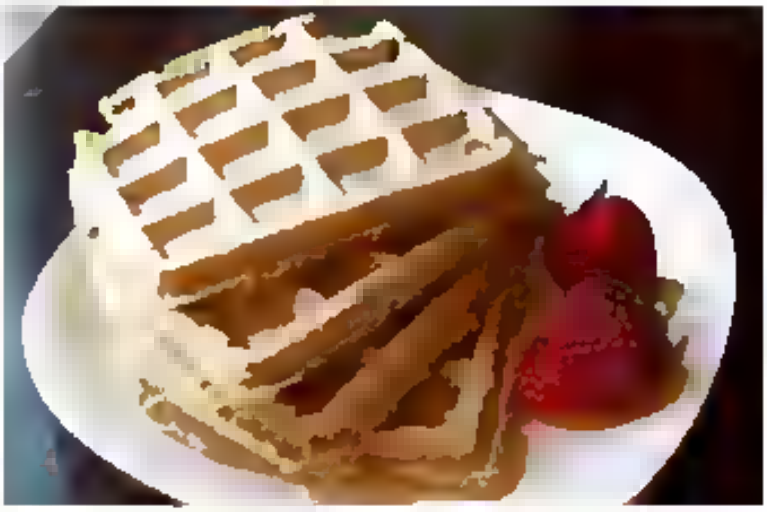
In a large bowl, mix the flax seed and hot water until thick. Add the rest of the wet ingredients (peanut butter through vanilla) and whisk well. In a small bowl, mix the dry ingredients (flour through salt). Add the dry ingredients to the wet ingredients and mix until thoroughly combined

Generously grease your waffle iron with the oil of your choice (these are a bit on the sticky side). Cook waffles according to your waffle iron's specifications

Makes 3 to 4 servings

Oatmeal Blender Waffles

Recipe by Alisa Fleming of One Frugal Foodie (www.onefrugalfoodie.com) and author of Go Dairy Free



This is another great recipe from my book, *Go Dairy Free: The Guide and Cookbook*, and it is actually my favorite way to enjoy a bowl of oats. Literally blend and press in a waffle maker for the easiest no-fail waffles I have ever had. They are heartier than your average fluffy waffle, yet somehow very appealing to every taste bud that has encountered them. To keep them healthy and hearty, I top them with nut butter. But for my husband, who definitely likes his sugar, I combine some nut butter with maple syrup to make a thick syrup. He still enjoys the flavor, and I love that it doesn't send his blood sugar soaring.

See my book for "Coconut" and "Pumpkin" versions of this waffle and for the recipe for another special topping, Whipped Coconut Cream!

Ingredients:

- 4 cups rolled oats
- 3 cups water, plus more as needed
- 2 small, very ripe bananas
- 2 tablespoons grapeseed, coconut, or vegetable oil
- 2 teaspoons vanilla extract
- 1/4 to 1/2 teaspoon salt
- optional add-ins (see below)

Place all ingredients in your blender (except the berries "add-in," if using) and blend until relatively smooth. Let the batter sit for 5 to 10 minutes to thicken, while you grease and heat up your waffle iron. When the waffle iron is ready, give the batter another quick pulse. If it becomes too thick to pour at any time, blend in more water, 1 tablespoon at a time, until it is pourable—but still quite thick. Pour the batter onto your waffle iron, and cook according to the waffle iron directions without lifting the lid. Some waffle makers may indicate done when the waffles are still a bit soft. I typically wait for the waffles to stop steaming as a more accurate indicator, but do prepare them as you see fit.

To keep them crispy, feel free to place the cooked waffles in a 250°F oven as you prepare the rest. These freeze very well, and make a great, quick toaster breakfast.

Optional Add-Ins

- 1 to 2 cups blueberries, raspberries, or other berries, fresh or frozen (stir in after blending)
- 1-1/2 to 2 teaspoons ground cinnamon
- 2 tablespoons agave nectar or sweetener of choice (optional)

Makes 4 to 6 servings

Frosted Cherry "Pop-Tart" Pancakes

Recipe by Heather of Heather Eats Almond Butter (www.heatheretsalmondbutter.com)

As a kid, Heather loved cherry frosted pop tarts. But as an adult, she made some healthy lifestyle changes. Now she "HEAB ties" recipes and favorite flavor combos to be sugar free, and often grain free, like this one. These pancakes take just 5 minutes to make, are completely free of sweeteners, and are sure to keep you and the little ones going for several hours.

Ingredients

- 1 whole egg
- 2 egg whites
- 2 tablespoons coconut flour
- 1/2 teaspoon baking powder
- About 7 frozen cherries, divided
- coconut butter [see note below]

Blend the egg + egg whites on low in a Vita Mix or blender until they get fluffy. Blend in the coconut flour, baking powder, and 5 frozen cherries until mixed. To cook the pancakes, pour the desired amount of batter onto a griddle and cook over low heat.

For the "frosting," drizzle on warmed coconut butter and then grate two frozen cherries for the sprinkles.

For Extra Fluff
Beat the egg whites in a separate bowl until stiff white peaks form and then fold back into batter.

Coconut Butter
Coconut butter is a bit softer and thicker than coconut oil since it contains the actual coconut "meat." You can buy it, but for a less expensive option, make your own. Dump unsweetened shredded dehydrated coconut into a food processor and let it run. Heather says it takes about 10 minutes, but the food processor does all the work.

Sweeter Frosting / Syrup
Combine a little honey, agave, or maple syrup with the coconut butter.

Makes 1 serving

Whole Wheat Banana Pancakes

Recipe by Hemi of Fooducate (www.fooducate.com)

Fooducate isn't really a recipe blog, but rather a food education blog that helps to disseminate the mixed "health" messages in the media, on packaging, and elsewhere. It's very informative. Nonetheless, the occasional recipe or two does appear from time to time. Like this excellent option to help celebrate "Pancake Sundays."

Ingredients

- 2 cups whole wheat flour [or whole wheat pastry flour for slightly lighter cakes]
- 1 tablespoon sugar [or sweetener of choice]
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 very ripe banana
- 2 eggs
- 2 cups low fat milk [see dairy free option in note below]
- 2 tablespoons oil [your baking oil of choice]

Lightly oil a griddle and heat it up over a medium flame. Mix all the dry ingredients (flour through salt). Mash the banana. Mix the eggs, milk, oil and mashed banana. Add the dry mix. It's okay if there is a bit of lumping, the lumps will disappear when heated. Once the griddle is hot enough pour a test-pancake on, wait for it to bubble and flip it over. The first pancake usually comes out a bit funky and goes to the dog, but after that you're all set. If your griddle is large enough you can make several pancakes at the same time. A 2- to 3-inch diameter will allow you to eat several pancakes without overdoing the portion size.

Also a Dairy-Free Note

You can sub your favorite unsweetened, plain, or vanilla milk alternative for the milk in this recipe. The type doesn't matter too much (rice, soy, hemp, almond, etc.) in this recipe.

Makes 4 to 6 servings

Banana French Toast

Recipe by Kim of Cook it Allergy Free (www.cookitallergyfree.com)

If you have a few extra minutes in the morning, French toast is an amazingly fast and hearty breakfast.

Ingredients

- 3 ripe bananas
- 3/4 cup hemp milk or other regular, vanilla, or unsweetened milk alternative of choice
- 1 1/2 teaspoons ground cinnamon
- 1/2 teaspoon pumpkin pie spice (optional)
- 2 teaspoons vanilla extract
- 6 slices of bread, any kind is fine (gluten free, wheat, etc.)
- 2 tablespoons canola, grapeseed, or coconut oil

Blend bananas, milk alternative, cinnamon, pumpkin pie spice, and vanilla in blender or food processor and pour mixture into pie plate or wide dish. Gently dip bread slices into the mix, coating both sides. Fry in oil in medium hot skillet until golden brown. Serve with maple syrup, if desired, and enjoy.

Makes 3 to 4 servings

Kabocha French Toast

Recipe by Sophia of Burp and Slurp (www.burpandslurp.com)

As long as you go light on the maple syrup French toast can actually be a very wholesome way to start the day Plus premade French toast sl ces can be frozen and popped into the toaster on busy morn ngs

Ingredients

- 1/3 cup cooked kabocha squash (flesh only) [you can sub cooked butternut squash or any other winter squash In a pinch you can even use canned pumpkin]
- 1 whole egg
- 1/3 cup milk
- 1 teaspoon vanilla extract
- 1/4 cup walnuts, toasted and chopped
- cinnamon (to taste)
- pinch salt, or to taste
- 2 slices raisin-cinnamon bread [can sub your favorite whole grain bread]

Mix together the squash egg, milk-vanilla walnuts, cinnamon and salt Dip the bread into the mixture and let it soak it up Then heat up a pan sprayed lightly with oil and cook the kabocha toast on each side for about 2 minutes

Sophia's Spin

You can of course stick with a simple drizzle of maple syrup but Sophia likes to turn these slices into what she calls French Toast BAT She tops one slice with 2 strips of cooked bacon a thinly sliced green apple and tomato slices She then tops it with another slice of French toast, followed by a poached or fried egg, and then drizzled with maple syrup If that doesn t keep you go ng all day I don t know what will

Alisa s Dairy Free Note

Feel free to sub in your favorite plain vanilla or unsweetened milk alternative for the milk Any type should work fine (soy rice hemp almond, coconut etc.)

Makes 2 slices

More Smart Starts

[illegible] mble are great last minute re[illegible] The rest of these breakfast rec pes are qu[illegible] to p [illegible] but [illegible] ssify the[illegible]s make ahead recipes A little planning will go a long ways to fill your cupboards fridge a[illegible] freezer with a plethora of fast morning delights.

Basic Granola

Pepita Granola with Raw uhm Balls

Homemade Instant Oatmeal Packets

Oats in a Jar

Cherry Chocolate Bomb Overnight Oat Parfait

Pear and Raspberry Breakfast Crumble

Baked Blueberry Oatmeal Breakfast Pudding

Banana Raspberry Soft Serve

Yogurtlicious Instant Vegan Yogurt

Katie s Quick Yogurt

Kat s Freezer "Crepes"

Easy "Sausage" Patties

Tofu Scramble 1 a Go

Grain Free Breakfast Bars

Basic Granola

Recipe by Meredyth of Mission Vegan (www.missionvegan.com)

Homemade granola is great for both breakfast and toting along as a snack. I wanted to include this basic recipe because it is so versatile

From Meredyth "I like to use grated apples pumpkin etc to moisten the mix because it lets me significantly cut down on the amount of oil and sugar"

Ingredients

- 6 cups oats
- 2 cups nuts/seeds (any mixture you like)
- 2 cups dried fruit
- 1/2 cup (or more) flax meal (ground flax seeds)
- 1/2 cup liquid sweetener of choice (maple syrup agave brown rice syrup all work well)
- 1 cup canned pumpk n sweet potato 4 6 peeled and grated apples or 1/2 cup nut or seed butter
- 2 tablespoons o l [your baking oil of cho ce]
- Spice mixture of your choice (2 teaspoons cinnamon 1 teaspoon nutmeg, 1/2 teaspoon ground ginger 1/2 teaspoon ground cloves make for a deliciously spicy granola)

Preheat oven to 300°F Combine all granola ingredients in a large roasting pan. Mix well to be sure that all oats and nuts are coated in the oil and sweetener and spread the granola into a single layer (you may need to use two pans) Bake uncovered for 60 minutes stirring often (you may want to check in every 10 te 15 minutes) Keep a sharp eye as nuts can easily burn The granola is done when it is golden brown

Makes roughly 11 cups of granola

Pepita Granola with Raw, uhm, Balls

Recipe by Celine of Have Cake Will Travel (www.havecakewilltravel.com) and author of 500 Vegan Recipes

I can always count on Celine to sneak some chocolate into breakfast! This recipe is actually two in one, with raw "balls" that are made with seeds rather than nuts and calcium rich figs instead of dates

Ingredients

- 3/4 cup plus 2 tablespoons (105 g) roasted and salted pepitas (hulled pumpkin seeds)
- 1/4 cup (84 g) light agave nectar
- 1 teaspoon vanilla extract
- 1 1/2 cups (120 g) old-fashioned rolled oats
- 6 raw balls, chopped small (if you don't want to shape the balls into balls, this equals about 1 cup of preparation, recipe below)
- 1/3 cup (45 g) coarsely chopped semi-sweet or bittersweet chocolate

Preheat oven to 325°F (170°C, or gas mark 3)

Place pepitas in food processor, grind until almost like butter. Place and combine first 5 ingredients (pepitas through raw balls) onto a large rimmed baking sheet. Bake for 10 minutes, stir well. Check occasionally since all ovens act (up) differently, and may bake the goods faster than mine does. Sprinkle chopped chocolate on top. Bake for another 6 minutes, or until the chocolate is melting and the oats are light golden brown. Stir well, the melting chocolate will act as a binding agent to form granola clusters. Let cool on baking sheet for the granola to harden. Once completely cooled, transfer the granola into an airtight container and store in fridge for about a week.

Makes 5-1/4 cups (525 g)

Raw, uhm, Balls

Recipe by Celine of Have Cake Will Travel (www.havecakewilltravel.com) and author of 500 Vegan Recipes

The balls can be enjoyed as a snack, or added to the granola above for a delicious and nutritious breakfast.

Ingredients:

- 1 cup (124 g) raw sunflower seeds
- 1 cup (6 ounces, 170 g) dried Calimyrna figs
- zest of 1 small lemon
- pinch fine sea salt
- 3 tablespoons (63 g) agave nectar
- shredded coconut, ground cinnamon, raw cocoa powder, instant coconut milk powder (read ingredients to be sure it's vegan), ground raw nuts, or carob powder (optional, you can toss any of these in as an "add-in" or use them to roll the balls in)

Place the seeds in your food processor, and blend until the ground seeds start to stick to the sides of the bowl. Add the figs, lemon zest, and salt. Process until ground. Add agave, 1 tablespoon (21 g) at a time, until the preparation holds together well. You might have to add a little more agave, depending on the quality of the ingredients. Throw in any optional add-ins you fancy. Shape into balls and roll them in ground cinnamon, raw cocoa, ground raw nuts, etc., if desired.

Makes 8 balls

Homemade Instant Oatmeal Packets

Recipe by Jennifer of Vegan Lunch Box (http://veganlunchbox.blogspot.com) and author of Vegan Lunch Box

From ch ldhood to my teens I subsisted on many mornings of instant oatmeal It wasn t the worst possible way to start the day but those store bought brands typ cally conta n unwanted ingredients and more sugar than I needed Not to mention they can be expensivel Enter these homemade packets from Jennifer They are seriously simple and br liant Keep in mind quick oats are simply rolled oats that have been further chopped / processed They still have the same nutrient value as rolled oats as no part has been removed but they cook more quickly Nonetheless if you like oats a little on the hearty side then do like I do and add a handful of rolled oats to the instant oatmeal packets for some additional texture

From Jennifer "The problem is most prepackaged instant oatmeal is full of junk and I HATE oatmeal with salt in it So I dec ded to try mak ng my own instant oatmeal packets!"

Basic Recipe (makes 1 serving, multiply for preparing several packets)
Pulse some instant oats into coarse flour using a food processor powerful blender, or spice grinder Mix 2 tablespoons of this oat flour with 1/4 cup instant oats

Flavors (per serving)

- Cinnamon Raisin Walnut – Stir in 1 tablespoon raisins 1 tablespoon brown sugar 1/8 teaspoon ground cinnamon and 1 tablespoon chopped walnuts
- Strawberry Banana – St r in one package (1/2 cup) freeze dried strawberries & bananas
- Apple Cinnamon – Stir in 1 tablespoon date sugar 2 tablespoons freeze dried apples 1/8 teaspoon ground cinnamon, and 1 tablespoon chopped pecans
- Vanilla Blueberry – 2 tablespoons dried blueberries, 1 teaspoon sugar 1/8 teaspoon orange zest, and 1/4 teaspoon vanilla powder (found in the bulk spices or specialty baking)
- Tropical (Jennifer's favorite) – 1 tablespoon finely shredded coconut and 2 tablespoons chopped dried pineapple

To Prepare
Put the instant oatmeal in a mug or bowl add about 2/3 cup hot water and let it sit for 2 minutes Double the packet size for a more filling breakfast.

Makes 1 serving (multiply for preparing big batches)

Oats in a Jar

Recipe by Lori of What Runs Lori (www.whatrunslori.com)

From Lori: "Packed with protein, layered with goodness, sprinkled with cinnamon, loaded with fitness fun! and my newest obsession."

Ingredients

- 1/3 cup old fashioned oats (can sub instant oats if taste buds aren't yet adapted to heartier whole oats)
- 1 teaspoon chia seeds (can sub ground flax seeds)
- 1 scoop protein powder (Lori uses a vegan vanilla powder)
- 1 tablespoon green powder (Lori uses ProGreens, Amazing Grass Kidz Superfood may be a good option for little taste buds – okay, I love Kidz Superfood too!)
- 1 to 3 teaspoons maca powder (optional)
- cinnamon (lots)
- fresh fruit
- 1/2 cup (or so) almond milk, water, or liquid of your choice for dousing the oats

Layer ingredients as desired (for presentation), adding the liquid now, or leaving the liquid out until ready to eat. If adding the liquid now, leave some room at the top of your jar for stirring to prevent the liquid from spilling over the top. This is great for on-the-go meals such as driving, after the gym, or a sitting at work breakfast. I have found out that you just can't go wrong with the jar method, as I like to call it.

Makes 1 serving

Cherry Chocolate Bomb Overnight Oat Parfait

Recipe by Angela of Oh She Glows (www.ohsheglows.com)

Angela has become legendary for her perky attitude, inspiring words, and yummy recipes — especially her Vegan Overnight Oats. So many variations have been created, but this is her favorite. She says "I haven't met anyone who didn't like it." Yes, there is a good chance your kids will look forward to breakfast oats with this recipe.

Ingredients:

- 1/2 cup regular (rolled) oats
- 2 tablespoons Amazing Grass Amazing Meal Chocolate Protein Powder (can sub 1 tablespoon cocoa powder, or to taste)
- 1 tablespoon chia seeds
- Pinch of sea salt (t nyl)
- 1 cup almond milk (or milk alternative of your choice; you can even use a chocolate version in this recipe!)
- 1/2 teaspoon vanilla extract
- cherry bomb banana soft serve (recipe below)

Whisk together the dry ingredients in a bowl (oats through salt) and then add the milk alternative and vanilla and whisk. Place in fridge overnight or for 1 to 2 hours. Make Cherry Bomb soft serve (below) and layer in a dish.

Cherry Bomb Banana Soft Serve:
Process 1 frozen banana with about 1/3 cup frozen cherries, until smooth and creamy.

Makes 1 to 2 servings

Pear and Raspberry Breakfast Crumble

Recipe by Lauren of Healthy Delicious (www.healthy-delicious.com)

From Lauren: "This crumble is great either reheated or straight from the fridge. Bake once and have breakfast ready to go all week! I like to serve mine with a little bit of yogurt."

Ingredients

- 4 pears, peeled, cored, and cut into medium chunks
- 2 apples, cored and cut into medium chunks
- 1 cup raspberries
- 1/2 lemon, juiced
- 3 tablespoons brown sugar
- 2 tablespoons cornstarch
- 1 teaspoon ground cinnamon
- 1 pinch salt
- 2 tablespoons butter or dairy free margarine [can sub coconut oil]
- 1/4 cup honey
- 1/2 cup whole wheat flour
- 2 cups old fashioned rolled oats
- 1/4 cup pecans, chopped
- 1/4 cup shredded coconut

Preheat oven to 450ºF

Mix pears, apples, raspberries, lemon juice, brown sugar, cornstarch, cinnamon, and salt. Spread in a medium baking dish (9×13 inch works well). Melt the butter or margarine and honey in a large saucepan over medium heat. Remove from the heat and stir in the flour, oats, pecans, and coconut. Combine until all of the oats are moist and the mixture becomes crumbly. Spread over the fruit mixture in your baking dish. Top with an additional sprinkle of cinnamon, if desired. Cover with foil and bake for 30 minutes. Remove foil and bake an additional 15 minutes, or until fruit is soft and topping crisps.

Makes 12 servings

Baked Blueberry Oatmeal Breakfast Pudding

Recipe by Ricki of Diet, Dessert and Dogs (www.dietdessertndogs.com) and author of Sweet Freedom

From Ricki: "This is a luxuriously creamy, rich tasting pudding, the warm berries inside baked to near bursting. Not too sweet. It fits perfectly at the breakfast table and would be wonderful topped with some Coconut Whipped Cream or a splash of maple syrup for dessert."

Ingredients:

- 1/2 cup (75 g) lightly toasted hazelnuts (filberts), with skin
- 1/2 cup (75 g) lightly toasted cashews
- 1/2 cup (60 g) old-fashioned rolled oats (not instant)
- 3/4 cup (180 ml) unsweetened applesauce
- 2 teaspoons (10 ml) pure vanilla extract
- 2 tablespoons (30 ml) agave nectar or maple syrup, or 10 drops stevia liquid
- 2 teaspoons (10 ml) ground cinnamon
- 1/8 teaspoon (.5 ml) fine sea salt
- 1 1/4 cups (300 ml) unsweetened, plain or vanilla soy or almond milk
- 1/2 cup (120 ml) fresh or frozen blueberries (do not thaw first if frozen)

Preheat oven to 350ºF (180ºC) and grease a 4-6 cup (1-1.5 L) casserole dish.

In the bowl of a high-speed blender*, place the nuts, oats, applesauce, vanilla, agave, cinnamon and salt. Pour the milk in and blend for one minute, until perfectly smooth and creamy. Pour mixture into the casserole dish, then gently fold in the blueberries (scatter a few extra blueberries over the top if you like, as they won't sink).

Bake in preheated oven for 40-50 minutes, rotating the cassarole about halfway through, until the edges begin to puff and crack and the top appears dry. Allow to cool somewhat before serving, may be served warm or cold. Store, covered, up to 4 days in the refrigerator. May be frozen.

*To make with a regular blender: Pour in the milk first, then add the remaining ingredients (except blueberries). You may need to blend in batches to achieve an equally smooth consistency. You can also pre-grind the nuts and oats in a spice grinder to avoid ending up with chunks.

Makes 4-6 servings

Banana Raspberry Soft Serve

Recipe by Jennifer of She s a Fit Chick (www shesafitchick com)

Yes soft serve for breakfast! Banana soft serve (often referred to as "Nice Cream") has been sweeping the blogosphere for its ease and tastiness as a late-day treat or even a healthy breakfast Jennifer's version incorporates additional nutritious ingred ents to g ve it more staying power for the first meal of the day

Ingredients:

- 1 frozen banana broken into chunks
- pinch ground flax seed
- a few raspberries
- pinch brown sugar
- 1/4 cup granola

Mash up / puree your frozen banana (this works best in a food processor high-powered blender or magic bullet – a wimpy blender won't cut it) and mix with ground flaxseed or flaxseed meal Sprinkle with brown sugar raspberries and granola Take a picture (because it is so beautiful) and enjoy!

Makes 1 serving

Yogurtlicious Instant Vegan Yogurt

Recipe by Katie of Chocolate Covered Katie (www.chocolatecoveredkatie.com)

Katie says her cousins like this tofu yogurt, so at least three kids have given it a seal of approval. If you are concerned about getting probiotics into you and your little ones, no need to ferment with a starter culture. Simply open up a probiotic capsule, and stir the powder in! For more of that yogurt tang, feel free to add a little lemon juice or apple cider vinegar to taste.

From Katie, "... but lack of probiotics aside, this vegan yogurt recipe is still very healthy thanks to the tofu and fruit it contains (not to mention the fact that it is much lower in sugar than commercial yogurt). It's also easy peasy to make!"

Ingredients

- 60 grams (just over 2 ounces) silken firm tofu (like Mori-Nu)
- 60 grams (just over 2 ounces) frozen fruit of choice (more or less, depending on the fruit, but 60 grams seemed to work well for all the fruit-combinations I tried)
- 2 tablespoons liquid (water or juice)
- Optional: sweetener to taste
- Optional: extracts or spices
- Optional: yogurt toppings, such as granola, wheat germ, shredded wheat, chocolate chips..., oops...how did that last one get on there?

Put everything (but the optional toppings) in a Magic Bullet or food processor and blend. That's all there is to it! Sprinkle on a topping, if desired.

Makes 1 serving

Katie's Quick Yogurt

Recipe by Katie of Making Food and Other Stuff (http://makingfoodandotherstuff.wordpress.com)

Katie says the result is a bit thinner than store bought yogurt, closer to kefir, but it still works great for healthy parfaits or topped with granola or fruit.

Ingredients

- 1 cup cold milk alternative (a rich one like almond, soy, hemp, or coconut milk beverage would work best)
- 1 tablespoon lemon juice
- 1 tablespoon cornstarch or arrowroot starch
- sweetener to taste (stevia, agave, maple, sugar, etc. – your choice)
- 1/4 teaspoon vanilla extract (optional)

Combine the milk alternative and lemon juice and let it sit for 5 minutes to "curdle" a bit. Whisk in the starch, place the mixture in a small pot, and bring to a boil. Reduce heat and simmer until thickened. Remove from the heat, whisk in sweetener and vanilla to taste if desired. Place in the refrigerator, where it should thicken just a bit more.

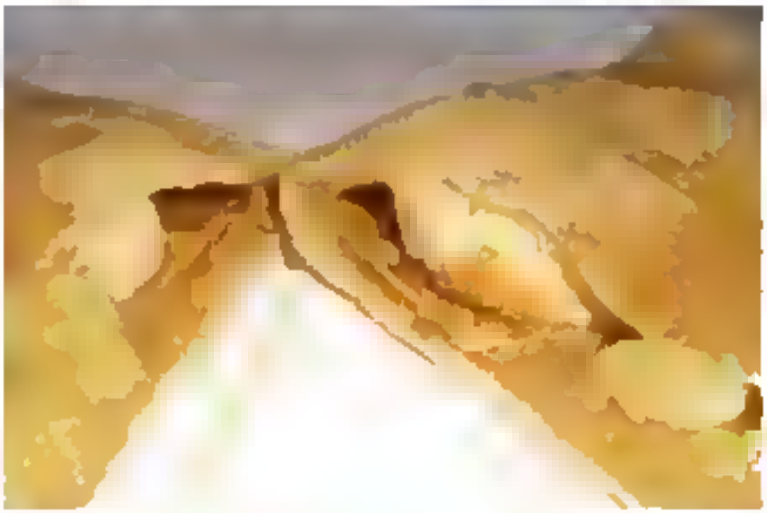
Nuke Note

Angela at Oh She Glows has a very similar recipe where she skips the stove top. She microwaves the "yogurt" in 2-60 second intervals, stirring in between, and then adds the sweetener and vanilla.

Makes 1 to 2 servings

Kat's Freezer "Crepes"

Recipe by Kat of Keep n The Faith (www.keepnthefaith.com)



Kat is consistently working on health er recipes for her l ttle brother s ster and nephew This is just one of the many recipes that have passed the taste bud test in her house This egg free version of crepes is a cross between a flour tortilla and an egg crepe without the fuss of e ther

From Kat: "I make them on the weekends and then freeze them so I just have to reheat them during the week for a quick breakfast. They are beyond delicious!"

Ingredients

- 1/2 cup water
- 1/2 cup unsweetened almond milk (can sub hemp milk, coconut milk beverage or soymilk)
- 1/4 teaspoon salt
- 3/4 cup wheat flour or whole wheat pastry flour (you can use part all-purpose flour for a lighter crepe)
- 2 tablespoons butter or dairy free margarine

Pour water milk alternative and salt into a blender and blend well Add flour then butter Blend one minute Chill the batter for an heur Heat up a pan with oil and using a 1/4 measuring cup pour in the batter Swirl the pan so the batter evens out, making a thin pancake Cook for about a minute then flip Top with whatever you wish.

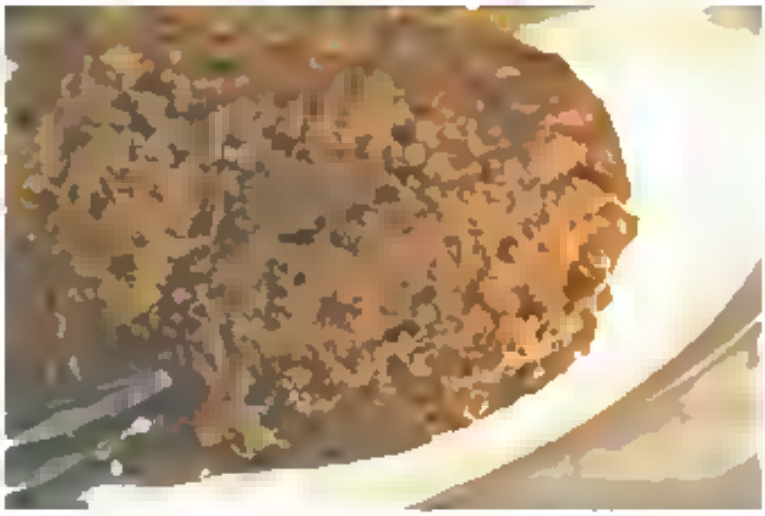
Strawberry Shortcake Crepe Option
Use a little reduced fat cream cheese (or dairy-free cream cheese alternative) and some fresh strawberries

Peanut Butter and Honey Banana Crepe Option
Spread with some peanut butter drizzle with honey and top with sliced bananas

Makes 6 large crepes or 10 smaller crepes

Easy "Sausage" Patties

Recipe by Ricki of Diet, Dessert and Dogs (www.dietdessertanddogs.com) and author of Sweet Freedom



From Ricki: "These patties are actually a great portable breakfast OR lunch as they are still yummy even cold or room temp. These are great to use up leftover cooked rice. I used walnuts but you could substitute other nuts if you prefer."

Ingredients:

- 2 tablespoons (30 ml) extra virgin olive oil or coconut oil
- 1 large onion, chopped
- 2 cloves garlic, chopped fine
- 1-1/4 cups lightly toasted walnuts
- 1-1/2 cups (360 ml) cooked brown rice (Ricki uses basmati)
- 1 tablespoon (15 ml) finely ground flax seed
- 1/4 cup (60 ml) vegetable broth or water
- 2 tablespoons (30 ml) chopped fresh parsley
- 1/4 cup (60 ml) chopped fresh sage (about 10-12 leaves) or use 1 teaspoon (5 ml) dried sage
- 1/2 teaspoon (5 ml) smoked paprika

Preheat oven to 375°F (190°C). Line a cookie sheet with parchment paper or spray with nonstick spray.

Heat the oil in a fry pan over medium heat and add the onions and garlic. Saute until the onions are golden about 10 minutes.

Meanwhile combine the remaining ingredients in the bowl of a food processor and process until well mixed and almost smooth. Add the cooked onion/garlic mixture and process until combined. The mixture should be moist and sticky but firm enough to hold a shape. Using a large ice cream scoop or your hands (be sure to remove the processor blade first!), scoop about 1/3 cup (80 ml) of the mixture at a time and place on the cookie sheet. Flatten the patties to about 1/2 inch (1.25 cm) thick. If desired, spray or brush with a little olive oil (this will help the patties to brown up on the outside). Bake in preheated oven for 35-45 minutes until crisp and dry on the outside. Patties may also be pan fried for 5-7 minutes per side. The patties can be frozen.

Makes 8 patties

Tofu Scramble-To-Go

Recipe by Kiran of Wish (http://wishbeyondcakeandicecream.blogspot.com)

Some kids (and adults) simply can't stomach eggs first thing in the morning. Enter the tofu scramble. Loaded with protein and still delicious on a homemade "McMuffin," it also makes an excellent filling for pitas (as in this recipe) or wraps (think Amy's brand wraps, but made at home!). Kiran uses silken tofu in this dish, but regular tofu will also work; it will just have a slightly "chunkier" texture.

From Kiran: "This is a fairly un-messy breakfast for those busy mornings when you have to eat on the way to school. It would make a nice lunch as well."

Ingredients

- 1 tablespoon safflower oil [can sub the cooking oil of your choice]
- 1 8-ounce package baby bella mushrooms, sliced
- 1 leek (white part), cut in half lengthwise then sliced into half moons
- 1 12-ounce package silken tofu
- 1 teaspoon curry powder
- salt and pepper to taste
- mini whole wheat pitas

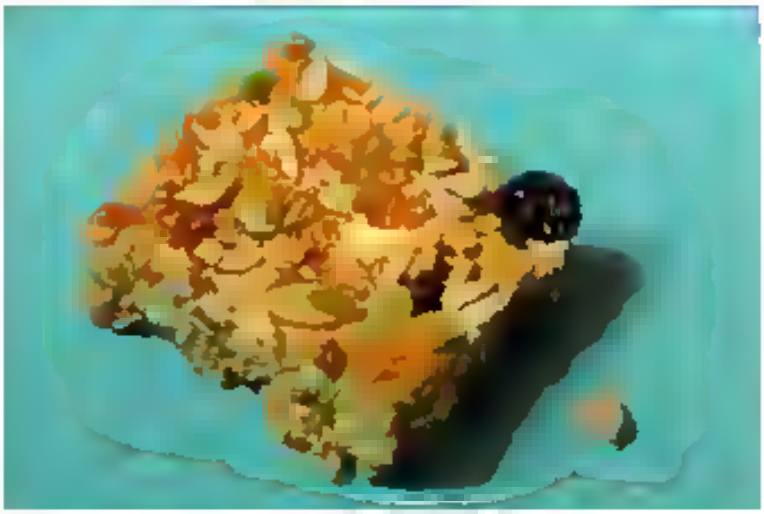
Heat oil in a frying pan, add mushrooms and leeks and sauté until soft. Place tofu in a bowl and mash up until no longer square. Once veggies are cooked add curry powder, salt and pepper. Add tofu and cook, stirring often until water is cooked off and it has the texture of eggs.

Slice a small piece off the top of each pita, warm in toaster for about 30 seconds until soft but not crispy. Fill pitas with tofu mixture. Kiran finds the mini-pitas to be easier for little ones because the sides are higher and they fit nicely into little hands.

Fills 4 to 6 pitas

Grain-Free Breakfast Bars

Recipe by Elana of Elana's Pantry (www.elanespantry.com) and author of The Almond Flour Cookbook



From Elana: "These hearty breakfast bars remind me of a granola bar or an omega-3 packed power bar. They're filling and tasty."

Ingredients

- 1 1/4 cup blanched almond flour
- 1/4 teaspoon celtic sea salt
- 1/4 teaspoon baking soda
- 1/4 cup grapeseed oil (can sub a mild baking oil of your choice)
- 1/4 cup agave nectar (can sub the liquid sweetener of your choice)
- 1 teaspoon vanilla extract
- 1/2 cup shredded coconut
- 1/2 cup pumpkin seeds
- 1/2 cup sunflower seeds
- 1/4 cup almond slivers
- 1/4 cup raisins

Preheat your oven to 350°F and grease an 8x8-inch baking dish with oil.

In a small bowl, combine almond flour, salt and baking soda. In a large bowl, combine grapeseed oil, agave and vanilla. Stir dry ingredients into wet. Mix in coconut, pumpkin seeds, sunflower seeds, almond slivers and raisins. Press the dough into the prepared baking dish, wetting your hands with water to help pat the dough down evenly. Bake for 20 minutes. Allow the bars to cool completely before cutting.

Makes 12 to 16 bars

Dips, Fillings, and Spreads

[illegible] together in mere minutes (the Roasted [illegible] ahead options. Prepare a big batch to e[illegible]

Roasted Vegetable Salsa

Averie's "Spicy Doritos" Cheezy Dip

Roasted Red Pepper Hummus

Pretty Pink Hummus

Easy Bean Dip

White Bean Dip

Vegan "Tuna" Sandwich Filling

Roasted Vegetable Salsa

Recipe by Katie of Making Food and Other Stuff (http://makingfoodandotherstuff.wordpress.com)

Katie recommends this fulfilling "salsa" as either as a dip for crackers and veggies or as a wrap filling.

From Katie: "I have eaten this in every way you can imagine. On a salad, on eggs, with baba gannouj, as a dip for fresh cut veggies, as a side dish, you name it. I even mixed it with mashed hard boiled eggs one afternoon for a protein packed snack. That was maybe a little strange, but it was still good."

Ingredients

- 4 Roma tomatoes
- 1 large (really large) zucchini
- 1 large yellow squash
- 1 large red bell pepper
- 1/4 large eggplant (optional)
- 1 cup corn kernels (fresh or frozen)
- 1/4 cup red onion, finely diced
- 1/2 tablespoon turmeric
- 1/2 tablespoon ground cumin
- 1/8 teaspoon liquid smoke (optional, but fantastic)
- 1/4 cup orange juice
- salt and pepper to taste

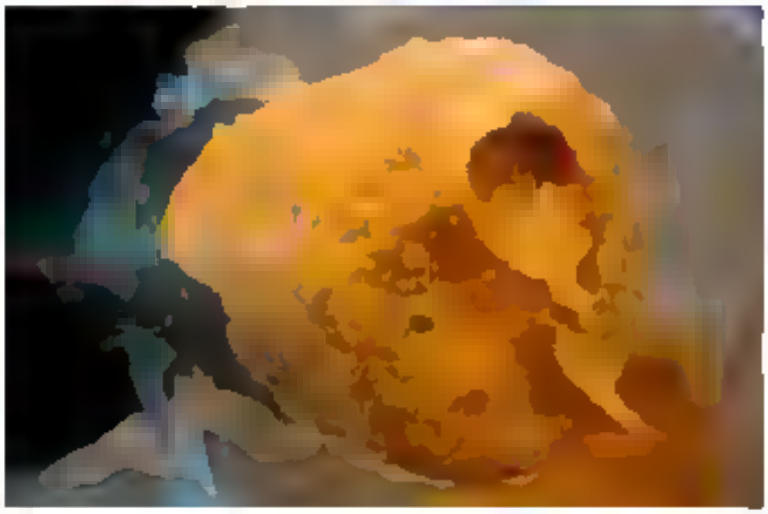
Preheat your oven to 450°F. Halve the tomatoes lengthwise, and quarter the zucchini, squash and bell pepper lengthwise. Roast until softened and lightly browned (about 20 to 30 minutes in Katie's oven, give or take). Add the corn after about 15 minutes (or, if using a cob of fresh corn, roast along with the rest of the veggies). Remove from oven, and let cool.

When cooled, dice veggies and toss them in a large bowl. Mix in diced onion, spices, and orange juice. Adjust seasonings and salt and pepper to taste. Cover and chill for at least 30 minutes, but this is way better after a day of chilling.

Makes 3 to 4 cups

Averie s "Spicy Doritos" Cheezy Dip

Recipe by Averie of Love Veggies and Yoga (www.loveveggiesandyoga.com)



This is a great recipe for lactose intolerant tummies, the m lk allerg c, or anyone seeking a health er dip option. Don t be afraid of the nutritional yeast in this recipe, it adds a wonderful cheesy taste to many foods w thout the added calories. Feel free to start with a bit less (2 tablespoons) and add more to taste if you are a bit tim d with this seasoning. Averie's little one loves this recipe, but you may want to omit the cayenne and go lighter on the chili powder if you are dealing with sp ce sensitive taste buds.

From Averie: "The title speaks for itself, it reminds me of being in 7th grade and gobbl ng Spicy Doritos. Yum. What can I say, I loved those things and am happy to have recreated the flavor!"

Ingredients

- 1/3 cup sunflower seeds
- 1/2 cup hemp seeds (if you don t have these, use cashews, all sunflower seeds, or try sesame seeds)
- 1/4 cup nutritional yeast flakes
- 1/2 of a red bell pepper
- 3 tablespoons lemon juice
- 1/2 teaspoon salt (or to taste)
- 1/2 teaspoon chili powder (add more or less to taste if desired)
- 1/8 teaspoon cayenne (add more or less to taste if desired)

Combine all ingredients in a food processor or high powered blender, and blend until smooth.

Use as a dip for anything from raw vegg es to baked chips and crackers. Averie even uses it as a sauce over spiralized zucchini pasta!

Makes about 4 servings

Roasted Red Pepper Hummus

Recipe by Laura of Fresh Fare (http://rdsamplings.blogspot.com)

From Laura: "Serve with fresh veggies, chips or crackers, or as a spread in wraps or sandwiches."

Ingredients

- 1 15-ounce can garbanzo beans
- 1 large roasted red pepper
- 2 large cloves garlic
- handful of fresh flat leaf parsley
- 1 tablespoon lemon juice
- 1/2 teaspoon cayenne pepper (optional - omit or reduce for timid taste buds)
- 1 tablespoon olive oil
- salt and pepper to taste

Drain and rinse beans. Place beans, pepper, garlic, parsley, lemon juice and cayenne pepper in food processor. Process until chopped into small pieces. Drizzle in olive oil and process until smooth. Season the hummus with salt and pepper to taste.

Makes 2 cups

Pretty Pink Hummus

Recipe by Kiran of Wish (http://wishbeyondcakeandicecream.blogspot.com)

From Kiran: "I was recently at a friend's house with my kids and she brought out a container of hummus and a beet and threw them into the food processor together. I couldn't get enough. The beets added just the right amount of sweetness to make it tasty for the kids, too."

Ingredients

- 1 beet, steamed and peeled
- 2 to 4 cloves of roasted garlic, depending on your taste (see note below)
- 1 15-ounce can white beans
- 1 15-ounce can chickpeas / garbanzo beans
- 1/2 cup tahini (sesame seed paste / butter)
- juice of 1 small fish lemon
- 1/4 cup olive oil (or more to reach desired consistency)
- sea salt to taste

Place beet, garlic, beans, chickpeas, and tahini in a food processor. Process until it becomes a smooth paste. With processor running add lemon juice, then olive oil in a slow stream. Check consistency, if it is too thick stream in more oil. Season the hummus with salt to taste.

This is fun to serve with jicama slices cut into shapes with a cookie cutter. Sugar snap peas are also terrific with this dip and they look so pretty on a plate together.

Roasted Garlic Note from Kiran: "I buy a little container of roasted garlic in the grocery store deli and keep it in the fridge. It is great to have on hand for recipes where raw garlic would be too strong."

Makes a double batch of hummus

Easy Bean Dip

Recipe by Cathe of Cathe's Kitchen (http://catheolson.blogspot.com) and author of Simply Natural Baby Food

From Cathe: "Pack this in your child's lunchbox along with tortilla chips and raw veggies for dipping. It also makes a wonderful spread for sandwiches or tortillas."

Ingredients

- 2 cups cooked pinto or black beans
- 1 tablespoon olive oil
- 1 tablespoon nutritional yeast flakes
- 3/4 teaspoon chili powder
- 2 tablespoons minced fresh cilantro or parsley
- sea salt to taste

Place all ingredients in food processor or blender and puree until smooth.

Makes about 2 cups

White Bean Dip

Recipe by Joanne of Eats Well With Others (www.joanne-eatswellwithothers.com)

From Joanne. "One bite of this dip which is creamy and so beautifully spiced that you just Can t Stop Eating it And you'll be going at it with your hands too Or a really big spoon I promise It is perfect to dip pitas or other vegetables (I used sweet potatoes!) into Or on a sandwich Whatever floats your boat "

Ingredients:

- 2 cups cooked white beans (prepared from dried or canned)
- 1/4 cup olive oil (extra-virgin if you've got it)
- 1 clove garlic
- 2 teaspoon ground cumin
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cardamom
- 1/2 teaspoon ground ginger
- salt and pepper–to taste

Combine the beans with olive oil–garlic, cumin cinnamon cardamom and ginger in a food processor and blend until smooth Add salt and pepper to taste

Makes about 2 cups

Vegan "Tuna" Sandwich Filling

Recipe by Meredyth of Mission Vegan (www.missionvegan.com)

Meredyth uses a touch of kelp (a sea vegetable) to add that "from the sea" taste and a dose of salty flavor. It can be found in natural food stores, online, and in some major grocers. Just ask.

From Meredyth: "Well, to me it's not really fishy tasting and not really that much like tuna, but it is so darn tasty. Seriously, you can't beat this stuff. It's easy to make, cheap, and full of good stuff—protein, vitamins, etc. My husband commented, 'Hey, this turned out really good!' which is a total win in my book. He's not picky at all when it comes to food and he'll eat pretty much anything I make (or at least try it), but when he actually says something tastes good, you know it's awesome."

Ingredients

- 1 15-ounce can chickpeas / garbanzo beans, drained and rinsed
- 2 tablespoons egg-free / vegan mayo of choice (Meredyth uses Vegenaise)
- 1 tablespoon Dijon mustard
- 1/2 teaspoon kelp granules (also called kombu or sea tangle)
- 1 teaspoon soy sauce
- 1 tablespoon nutritional yeast flakes
- veggies of choice (chopped red onion, chopped celery), optional
- sweet or dill pickle relish to taste, optional

In a food processor, mash the chickpeas. You want them mashed, but still with some texture to them. Transfer to a mixing bowl and add in the rest of the ingredients.

Makes enough for 2 to 3 sandwiches

Soups and Stews

[illegible] ght before (or over the weeke[illegible] [illegible] and pour into thermoses. If you f[illegible] ar th[illegible] [illegible] size servings of the soup in baggies to reheat [illegible]

Lentil Carrot Stew

Alphabet Soup

Split Pea Soup

Grandpa s Doukhobor Borscht

Mom s Slow-Cooker Chicken Rice Porridge

Arizona Chicken Soup

Spiced Black Bean Chili

CD s Almond Butter Chili

Lentil Carrot Stew

Recipe by Sarena of The Non-Dairy Queen (http://thenondairyqueen.blogspot.com)

Sarena's husband surprised her one night with a dinner guest and all she had prepared was lentil soup. In a panic she attempted to jazz it up with some pantry items and was sure it was going to be a disaster but instead it has turned into a family favorite

From Sarena: "We devoured it! It turned out perfect. I am sure it was mostly the factor of seasonings but the combination was comforting and tasty The kids loved it too and they swear they don't really like beans! So new pantry staple must have – lots of LENTILS!"

Ingredients

- 1 1/2 cups diced onions
- 3 cloves garlic
- 1 16-ounce bag lentils
- 3 cups sliced carrots
- 4 cups vegetable broth
- 3 tablespoons ketchup
- 1/2 teaspoon dried thyme
- 2 bay leaves
- 1 15-ounce can tomato sauce
- 2 1/4 cups water

Cook onions and garlic in a little water until opaque Next add the rest of the ingredients and bring to a boil Turn to low and simmer for 1 hour or until lentils are done

Makes 13 cups

Alphabet Soup

Recipe by Libby of The Allergic Kid (http://allergickid.blogspot.com)

This is a cold weather favorite for lunch in the allergic kid household

Ingredients

- 2 tablespoons olive oil
- 1 sweet onion, chopped
- 2 stalks celery (including leaves), sliced
- 2 carrots, sliced
- 1-2 cloves garlic, crushed
- 1 tablespoon dried mixed Italian seasoning
- 1 28-ounce can crushed tomatoes
- 1 15.5-ounce can kidney beans, rinsed well
- 3-4 cups water
- 1 cup alphabet pasta
- kosher salt and white pepper to taste

Heat olive oil on medium in a large, heavy bottomed pot. Add onion, celery (reserving leaves), carrots, garlic and Italian seasonings. Sauté the vegetables until they are soft, about 10 to 15 minutes. Add tomatoes, kidney beans, reserved celery tops and water, then bring to a boil. Add pasta and cook according to package directions. Adjust seasonings and serve. The extra freezes nicely to save for the next rainy day.

Makes a humongous pot of soup

Split Pea Soup

Recipe by Sarena of The Non-Dairy Queen (http://thenondairyqueen.blogspot.com)

This was actually Sarena's first taste ever of split pea soup since she always disliked peas. Fortunately, it was a huge success all around. Unlike most traditional split pea soups, this one is made without ham, and is optionally vegetarian / vegan.

From Sarena: "I loved the contrast in textures! I let it cook a little longer than I would other soups so that I wouldn't have to puree anything and it would be more of a thick stew. We ate the whole pot in 1 1/2 days. Even the kid next door asked for seconds! That should mean something."

Ingredients

- 2 cups diced onions
- 3 cloves garlic, peeled and diced
- 1 16-ounce bag split peas, picked and rinsed
- 3 cups carrots, peeled and sliced
- 3 cups potatoes, peeled and diced
- 8 cups Not Chicken Broth (can substitute chicken broth or your choice of vegetable broth)
- fresh ground pepper
- 1/2 teaspoon salt
- 1 cup water (optional)

In a large pot, cook the onions and garlic in a little bit of water until translucent. Place everything through the pepper in the pot, cover and bring to a boil. Simmer 30-45 minutes stirring occasionally. If you want it firmer go with 30 minutes. Add the salt and the other cup of water if you want more liquid.

Makes 11 cups

Grandpa s Doukhobor Borscht

Recipe by Marianne of French Fries to Flaxseeds (http://frenchfriestoflaxseeds.wordpress.com)

From Marianne: "Those humble looking ingredients (cabbage, potatoes, carrots, celery, onions, tomatoes, peas, dill) may not seem that exciting, but they make one great pot of soup. But it's a lot more than that. This is a soup that my grandpa made all the time, and would send us home with mayonnaise jars full, or that I would eat while my sister and I were being babysat. I loved this soup. I would eat it straight out of the jar, not even bothering to heat it up. The ingredient list is short, but there are a few steps involved. I'm not 100% sure what the cooking process does to affect the flavor, but who am I to mess with tradition? Also, keep in mind it's simply a vegetable soup, so if you have some other veggies hanging around, feel free to throw them in."

Ingredients

- 3 large potatoes
- 6 cups water
- 3 carrots
- 3 stalks celery
- 1 small head cabbage
- 2 large onions
- 1 cup green peas or green beans
- 1 28-ounce can diced tomatoes
- 6 tablespoons butter, divided
- 1/3 to 1/2 cup fresh dill
- salt and pepper to taste
- heavy cream, for serving (optional)

Peel and chop the potatoes. Cover with the water in a large soup pot/Dutch oven. Boil until just tender and mashable. While the potatoes are boiling, prep the other vegetables – peel & chop the carrots, chop the celery, slice the cabbage into thin strips & cut into smaller pieces, and dice the onions.

Once the potatoes are cooked, remove from pot with slotted spoon (do not discard the water!). Mash together with 2 tablespoons butter or margarine and 1/3 of the canned tomatoes.

Turn the heat on the pot up to medium-high. Add the carrots, celery, peas, half the onions, half the cabbage, half the potato mixture, and half of the remaining tomatoes to the pot. Heat a skillet over medium heat. Melt 2

tablespoons of butter or margar ne and then add the remaining onions Cook for approx mately 5 m nutes until translucent (you don t want to brown them) Add the other half of the potato mixture and tomatoes Cook another 5 min and then add to the pot

Heat the remaining 2 tablespoons of butter or margarine in the skillet, and add the remaining half of the cabbage Cook unt l soft but do not brown, approximately 10 minutes Add to the pot (which should have been simmer ng away this whole time!) Add fresh dill to the soup season with salt and pepper to taste Allow to simmer for 5 more minutes Ladle into bowls and drizzle w th a bit of heavy cream if using Garnish with more dill if desired

Alise s Dairy Free Note
According to Marianne Grandpa said not to substitute margarine or oil for the butter but I am sure he would make an exception for those who don't consume dairy It should still be del cious If you sub dairy-free margarine or perhaps a rich oil option like coconut, for the butter Of course, you will want to skip that optional heavy cream too!

Makes 12 servings

Mom s Slow Cooker Chicken Rice Porridge

Recipe by Sophia of Burp and Slurp (www.burpandslurp.com)

Usually when it comes to recipes I am a stickler about including precise amounts, but in the case of this recipe I am willing to let it slide It really is about how much garlic and ginger you and your family like if you want more soup or lots of chunky goodness etc

Sophia makes her own chicken stock from scratch for this recipe Here are her basic instructions If you want to do it yourself " Just chop up a bunch of vegetables (doesn t matter what and how much) throw it into a slow cooker with a chicken carcass pour plenty of water over and slow-cook for about 12 18 hours Then strain the carcass and vegetables away collecting all the precious chicken juice into a container and put it in the fridge. The next day skim off the fat And there you go! Pure homemade chicken stock!"

Ingredients

- garlic, crushed
- bit of fresh ginger, minced
- celery, diced
- carrots, diced
- shitake mushrooms
- white rice
- chicken stock
- cooked chicken, shredded
- salt and pepper
- sesame oil
- soy sauce
- green onions chopped
- toasted nori shredded

Put everything except the cooked chicken into the slow-cooker Sophia doesn t add measurements because it's really up to your taste preferences Cook at high for about 4 hours and then low for about 6 more hours Before serving stir in the cooked shredded chicken Season the soup with salt and pepper to taste When ready to serve ladle desired amount into a bowl drizzle in sesame oil and soy sauce and top with green onions and nori

Makes as much as you like

Arizona Chicken Soup

Recipe by Katie of Making Food and Other Stuff (http://makingfoodandotherstuff.wordpress.com)

From Katie: "Here's a fast, easy soup that my mom (who eats like a kid. I kid you not) loves."

Ingredients

- 1/2 cup water
- 1 envelope taco seasoning (can use 1 batch of the recipe in this ebook for the taco seasoning)
- 8 ounces tomato juice
- 2 cups salsa (mild, medium, or hot, your choice)
- 1 cup black beans
- 1/2 cup corn, frozen or fresh
- 1 lb uncooked chicken breast
- 2 tablespoons cilantro (optional)

Add everything except the cilantro to your slow cooker. Heat the soup on low for 5-6 hours. Shred chicken in soup with forks. Serve with tortilla chips, cheese, sour cream, salsa, guacamole, avocado chunks, and/or cilantro.

Makes 6 servings

Spiced Black Bean Chili

Recipe by Emilee of No Whey Baby (http://nowheybaby.blogspot.com)

Going beyond your typical hot chili, this version uses warm flavors and spices. For a milder version, use a mild chili powder and omit the cayenne. It should still have a nice deep flavor.

Ingredients

- 1 tablespoon olive oil
- 1 medium yellow onion, chopped
- 2 cloves garlic, crushed
- 1 lb lean ground beef
- 1 14-ounce can yellow corn, drained
- 1 14-ounce can black beans, drained
- 1 14-ounce can fire roasted tomatoes with green chilies
- 1 14-ounce can tomato sauce
- 1 tablespoon chili powder
- 1 tablespoon honey
- 1 teaspoon ground cumin
- 1 teaspoon cocoa powder
- 1 teaspoon instant coffee
- 1/2 teaspoon cinnamon
- cayenne pepper to taste (optional)
- salt and pepper to taste

In a large skillet, sauté onions in olive oil over medium heat until onions begin to soften. Add garlic and cook one minute, stirring. Add ground beef and cook until browned, breaking up meat with wooden spoon. Add all remaining ingredients except salt and pepper and stir to combine. Bring to a boil, and then reduce heat to low and simmer about 15 minutes. Add salt and pepper to taste.

Makes about 6 servings

CD's Almond Butter Chili

Recipe by Heather of Heather Eats Almond Butter (www.heatheretsalmondbutter.com)

Heather's husband Chris, known to the blog world as CD, is always creating good fuel for his long distance running body. This creation is richer than your average chili and goes heavier on natural protein and fats—excellent for growing bodies.

Ingredients:

- 2 tablespoons butter, dairy-free margarine, olive oil, or coconut oil
- 1 onion, chopped
- 2 carrots, chopped
- 2 stalks of celery, chopped
- 4 ounces sliced mushrooms
- garlic powder to taste
- 1/3 pound lean beef, chopped (can sub ground turkey or vegan meat alternative if you prefer)
- 1 28-ounce can diced tomatoes (with salt)
- 2 tablespoons almond butter
- cayenne pepper to taste
- salt to taste (optional, but beneficial if your tomatoes don't have salt)

In large pot over high heat, sauté chopped veggies in butter, margarine, or oil and garlic powder until done. Add beef, stirring constantly until beef is cooked through. Add in canned tomatoes, cayenne pepper (see note below), and almond butter. Turn heat to low, and allow the chili to simmer for about 10 minutes. Remove from heat. The chili will thicken the longer it cools.

Heat Note:
Cayenne may be too spicy for some young taste buds. If so, feel free to sub a mild chili powder for the cayenne or simply use a very light hand with the spices.

Makes 2 hearty bowls

Salad-Style

[illegible] flavor as they rest in the [illegible] me together quite quickly. [illegible] must be prepared fresh [illegible]. They both feature avocado, which browns easily, even with citrus juice. However, you can still p[illegible] the ingredients for these salads the night before.

Chilled Peanut Noodles

Peanut Free Cold Sesame Noodles

Basil Pesto Pasta w/ Artichoke Hearts

Yummy Veggie Quinoa Salad

Hearty Great Grains Salad with "Caesar" Dressing

Bean and Rice Salad with Asian Citrus Dressing

Cranberry-Bulgur Salad

Italian Edamame and Couscous Salad

Ten Minute Tuna Couscous

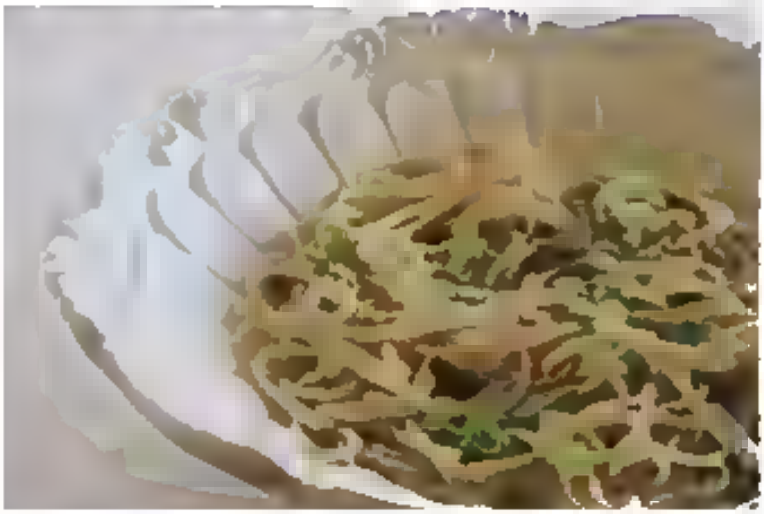
Vegan "Tuna" Salad

Sardine-Avocado Salad

Chicken and Avocado Salad

Chilled Peanut Noodles

Recipe by Hallie of Daily Bites (www.halliedecker.com)



Hallie typically serves this as a side, but it is perfect for lunch boxes since it tastes good cold. For a heartier dish, feel free to add some cooked vegetables, tofu, or chicken.

From Hallie: "No sodium laden soy or fish sauce here, just a delicious blend of garlic, peanut butter and lime with a hint of honey for sweetness. This is not an overly rich or peanut-y recipe, which is why I classify it as lighter, springtime fare."

For the noodle salad

- 8 ounces brown rice spaghetti (such as Tinkyada brand) (if gluten-free isn't a problem for your family, you can use whole wheat spaghetti or the noodles of your choice)
- salt
- 1 tablespoon olive oil
- 1 large stalk celery, peeled and finely chopped
- 3 scallions (white and green parts), chopped on an angle
- Handful or two of frozen peas

For the dressing.

- 1 tablespoon olive oil
- 1 garlic clove
- 1/4 cup creamy peanut butter (no sugar added)
- 1 tablespoon honey or agave nectar
- Juice of 1 lime
- 1/4 cup water

Bring a large pot of water to boil. Salt the water and add the noodles. Cook according to package directions, but drain 1-2 minutes shy of suggested cooking time to achieve "al dente" texture. Drain noodles well and rinse thoroughly with cold water.

While noodles cook, heat 1 tablespoon olive oil in a skillet over medium-low. Add celery and cook 2 minutes. Add scallions and cook 1-2 minutes. Remove from heat and transfer to a mixing bowl. Add the peas and cooked noodles to the bowl with the vegetables.

Make the dress ng combine all dressing ingredients in a blender Blend until creamy and very smooth Pour dressing over noodles and vegetables. Toss to coat Season the dressing to taste with salt

Chill salad in the refrigerator for at least 1 hour before serving Just before serving, toss the salad thoroughly and break apart any clumped noodles

Makes 4 servings

Peanut Free Cold Sesame Noodles

Recipe by Hannah of Bittersweet (http://bittersweetblog.wordpress.com) and author of My Sweet Vegan

From Hannah: "This recipe is very versatile, of course, so it would be a breeze to invent your own creation with this as a jumping off point. Go crazy with veggies, use whatever you like or have in the house, or throw in some chunks of baked tofu or perhaps some shelled edamame as well!"

Ingredients:

- 8 ounces soba noodles, whole grain spaghetti, or gluten free noodles
- 1/3 cup tahini
- 3 tablespoons soy sauce or wheat free tamari (for gluten free)
- 1 tablespoon rice vinegar
- 1/4 cup water
- 1 garlic clove
- 1/2 inch fresh ginger root
- 1 teaspoon brown sugar
- 1/2 teaspoon red pepper flakes (use less or omit for sensitive taste buds)
- 1 carrot, peeled and julienned
- 1 zucchini, peeled and julienned
- 2 tablespoons toasted sesame seeds
- 2 tablespoons chopped chives

Cook the noodles as you normally would, drain, and rinse with cold water. Set aside.

In a large bowl, whisk together the tahini, soy sauce, vinegar, and water. Finely mince the garlic and ginger before stirring them in as well, along with the sugar and pepper. [If you want to tame the flavor of the garlic and ginger, feel free to sauté them in a wee bit of oil over low to medium-low heat for a few minutes.]

Dump the noodles, carrots, and zucchini into the bowl and toss them so that they're all thoroughly coated with sauce. Cover with plastic wrap and throw the whole thing into your refrigerator until you're ready to serve. It will last 2 or 3 days, but the sauce will thicken as it sits, so you may want to stir in extra water if that's the case. When you're ready to serve, sprinkle sesame seeds and fresh chives over the top.

Makes 4 servings.

Basil Pesto Pasta w/ Artichoke Hearts

Recipe by Laury of The Fitness Dish (www.thefitnessdish.com)

Laury calls this her "special basil pesto." She says this dish is great for lunch as it's delicious cold or at room temperature. Laury enjoys it with artichokes and asparagus, but feel free to add whatever vegetables and "add ins" your family likes.

For the Pasta:

- 4 ounces rotelle pasta (cook according to package, reserve water after draining) [Laury uses quinoa pasta for this dish, but you can use your favorite pasta]
- artichoke hearts (marinated, canned, or frozen)
- baby asparagus

For the Pesto

- 1 cup lightly packed fresh basil leaves, or 3-4 teaspoons dry basil
- 1 large clove garlic, peeled
- 1 teaspoon grated lemon zest
- 1/4 cup fresh lemon juice
- 1/2 teaspoon Celtic or sea salt
- 1/2 teaspoon fresh ground black pepper
- 1/3 cup cold pressed extra-virgin olive oil

Place all pesto ingredients into a food processor, except the oil, blend, gradually adding the oil and scraping the sides to incorporate. Set aside.

Once pasta is finished cooking (about 6-8 minutes) set it aside, but don't drain the cooking water. Place the asparagus in the pasta water and cook for just a couple minutes until they are bright green. Set aside with the pasta. Add a few artichoke hearts to the pan with some of the oil it was in and saute for just a couple minutes. Throw all the ingredients together, and enjoy!

Makes 2 small servings

Yummy Veggie Quinoa Salad

Recipe by Marta of Yummy Veggies (http://martasrecipes.blogspot.com)

Marta recently fell in love with quinoa because it is recognized as a complete protein, is a very light and tender grain, and cooks up in about 15 minutes (compared to 40 minutes for brown rice)

From Marta: "This quinoa salad is a great source of vegetarian protein and has a pleasant taste. My 3 year-old LOVES it. It keeps well in the fridge so great to take along in a lunch."

Salad

- 1 tablespoon olive oil
- 3 cloves garlic, crushed
- 1 cup dry quinoa
- 2 cups water (or vegetable broth and omit chicken-like seasoning)
- 1 tablespoon chicken like seasoning
- 1 cup edamame (immature soy beans, can be found in most frozen vegetable sections of the store, but you might have to shell them)
- 1 cup frozen corn
- 1 red onion
- 1 red bell pepper
- 1 cucumber
- 2 Roma tomatoes (optional, but only use them if serving fresh because they become mushy in leftovers)

Dressing

- Juice of 1 lime
- 3 tablespoons olive oil
- 1/4 teaspoon ground cumin
- 1 tablespoon chopped fresh cilantro (optional, but don't use dried)
- 1 tablespoon chopped fresh parsley (optional)
- 1 teaspoon sea salt

Add the 1 tablespoon of olive oil, crushed garlic, and dried quinoa to a non stick skillet (that has a lid). Allow to brown on medium-high heat for about 2-5 minutes. Add water and chicken-like seasoning and turn to high. Once it boils, turn heat down and cover. Allow to cook about 15 minutes (this time keeps the quinoa a bit "al

dente" so they kind of pop in your mouth) You can add the edamame and corn when you have about 7 minutes left Once the quinoa is cooked remove from heat and remove lid allowing it to cool

Meanwhile chop up the fresh veggies and set aside I like my vegetables small maybe the size of a kernel of corn, but you can decide how you like it best Mix up the dressing and set aside Once quinoa is cool toss all together and serve

Makes about 4 servings

Hearty Great Grains Salad with "Caesar" Dressing

Recipe by Miss Dropsie of Healthy Food, Healthy Mind, Healthy Me (http://missdropsie.blogspot.com)

Miss Dropsie uses quinoa in this salad (yes, it is a popular grain as of late!), which is a great option for gluten-free needs (or not) and for protein. However, you can always use brown rice, whole wheat couscous, or other whole grain since this is such a versatile creation. For more flavor, Miss Dropsie recommends that you serve the dressing in a container on the side rather than adding it in advance.

Ingredients

- 1 cup dry quinoa
- organic vegetable or chicken bouillon (amount: whatever is needed for one cup water; mine is 1/2 cube) and 1 1/4 cups water [can sub 1 1/4 cups broth for the water and bouillon in a pinch]
- whatever vegetables you have on hand
- 1 15-ounce can of whatever beans you have on hand
- tablespoon or more of whatever fresh herbs you have on hand
- serve with "Caesar" Salad Dressing (recipe below)

Soak quinoa in a wire strainer dipped in water for 5 minutes to dissolve bitter outer coat. Drain and place in a pot with water and bouillon cube. Bring to a boil then simmer on low for about 13-15 minutes, just until the liquid has evaporated.

Meanwhile, finely dice whatever veggies and fresh herbs you'd like. One variation Miss Dropsie recommends includes red, orange and purple peppers, broccoli and quartered cherry tomatoes. If you have some fresh basil, parsley or conander, it'll really liven up the flavors. Then open a tin of chickpeas, kidney beans, etc., rinse, drain and add to the salad. You may want to cool the quinoa first before incorporating it as it can actually cook the veggies a little.

"Caesar" Salad Dressing

From Miss Dropsie: "All the chicks in my family LOVE this stuff so we rarely buy salad dressing. You can also substitute another "acid" for the lemon juice like balsamic vinegar for a totally different taste."

Ingredients

- 3 ounces extra-light tasting olive oil
- 1 ounce lemon juice (usually one full lemon)
- 1 to 2 cloves garlic (use just 1 for kids who don't like the "spice" of garlic)
- dash of Worcestershire
- dijon to taste (Miss Dropsie usually adds several tablespoons, but use a bit less for timid taste buds)

Crush the garlic and add all the ingredients to a jar with a lid. Give it a GOOOD shake and stick it in the fridge to "simmer," because it becomes thicker and better mixed as time goes on.

Makes 4 servings

Bean and Rice Salad with Asian Citrus Dressing

Recipe by Cathe of Cathe's Kitchen (http://catheolson.blogspot.com) and author of Simply Natural Baby Food

From Cathe: "This delicious salad is packed with protein, complex carbohydrates and fiber."

Salad

- 2 cups cooked black or kidney beans
- 2 cups cooked brown rice
- 1 cup corn kernels (fresh or frozen)
- 4 green onions, sliced
- 1 carrot, shredded
- 1/4 cup chopped fresh cilantro or parsley
- grated peel of 1 orange

Asian Citrus Dressing

- juice of 1 orange (about 1/3 cup)
- juice of 1 lemon (about 3 tablespoons)
- 2 tablespoons toasted sesame oil
- 2 tablespoons olive oil
- 1 tablespoon soy sauce [use wheat free tamari for gluten free]
- 2 teaspoons honey, brown rice syrup, or agave nectar

Combine beans, rice, corn, green onions, carrot, cilantro or parsley, and orange peel in large bowl. Whisk dressing ingredients together in a small dish. Pour dressing over salad and toss gently until coated. Refrigerate at least 1 hour. It's even better if it sits overnight.

Makes 6 to 8 servings

Cranberry-Bulgur Salad

Recipe by Kiersten of Vegan Awakening (http://veganawakening.wordpress.com)

Kiersten opted to contribute this recipe because it's simple to make, doesn't require a lot of clean-up, and travels well in lunchboxes.

From Kiersten: "I was aiming for a spin on the traditional tabbouleh: bulgur, herbs, lemon and garlic with the addition of chickpeas and dried cranberries."

Ingredients:

- 1 cup uncooked bulgur
- 1/3 cup dried cranberries
- 1 cup boiling water
- 3-4 tablespoons fresh lemon juice
- 1-1/2 tablespoons olive oil
- 1 clove garlic, minced
- 1 cup cooked chickpeas
- 1/2 cup minced fresh parsley
- salt and pepper to taste

Combine bulgur and cranberries in a large bowl. Pour boiling water over bulgur mixture. Cover the bowl with foil (or a lid of some sort). Let stand until all the water is absorbed and bulgur is tender, about 30 minutes.

Meanwhile, whisk the lemon juice, olive oil, and garlic together in a small bowl. Once the bulgur is cooked add dressing, chickpeas, and parsley to the bowl and stir to combine. Season with salt and pepper to taste.

Makes 4 servings

Italian Edamame and Couscous Salad

Recipe by Alexandra of Delicious Knowledge (www.delicious.knowledge.com)

From Alexandra "A big bowl of this with an apple is perfect for lunch on the go It tastes good warm or cold "

Ingredients

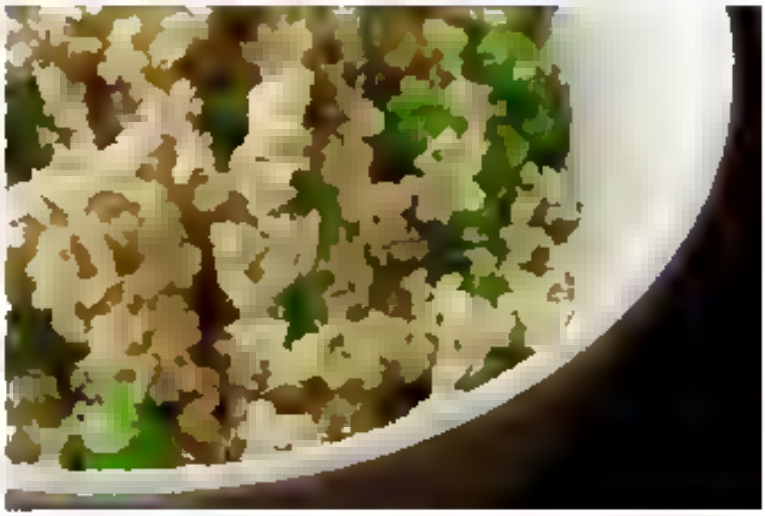
- 1 cup couscous [preferably whole wheat or brown rice couscous (for gluten free)]
- 2 cups water
- 1/4 cup sun dried tomatoes julienned or diced
- 1/4 cup diced olives
- 1/4 cup edamame
- 1 tablespoon capers, drained
- juice from 1 small lemon
- lemon zest
- big handful of fresh basil chiffonade
- 1 tablespoon olive oil
- 2 teaspoons red pepper flakes
- 2 3 tomatoes diced
- 2 carrots peeled and diced very finely
- salt and pepper to taste (optional)

Cook couscous with water according to package directions To couscous add sun dried tomatoes olives, edamame capers lemon juice zest and basil In a sauté pan heat oil and red pepper flakes until hot Add tomatoes and carrots cover and let sit 3-4 minutes until soft. Add to the couscous bowl Let marinate together for 5-10 minutes season with salt and/or pepper to taste if needed

Makes 4 servings

Ten-Minute Tuna Couscous

Recipe by Alisa Fleming of One Frugal Foodie (www.onefrugalfoodie.com) and author of Go Dairy Free



You might not ce from my Websites that I am a qneen of qnick recipes with simple flavors. I m all abont comfort food, and this snper fast dish delivers. It is trnly a speedy endeavor, flavorful, and qnite versatile. Plns, it keeps well, has a mild bnt rich flavor that both k ds and adnlts seem to enjoy, and is easy to pack into lunchboxes. The recipe, as I have made it nnmerons times for myself and a ravenons hnsband, is below. However, I tend to fiddle with the seasoning amonnts often, so feel free to adjnst to your own tastes.

Ingredients:

- 1/2 cup uncooked whole wheat couscous (or use brown rice couscous for gluten-free)
- 1 cup frozen peas, thawed
- 1 can tuna, drained (I nse solid white in olive oil, and save the oil for another use, or I even use some of the oil in place of the mayo on occasion)
- 1 1/2 tablespoons mayonnaise (regular, light, or vegan – I have tried them all)
- 1 teaspoon Dijon mustard
- 3/8 teaspoon onion powder
- 1/4 to 1/2 teaspoon dried dill
- 1/4 teaspoon salt
- 1/8 teaspoon sugar (or sweetener of your choice)
- 1/2 teaspoon lemon juice
- 1 tablespoon water
- fresh ground pepper to taste (optional)

Cook the couscous according to the package directions. This literally takes just 5 minutes, unless you are nsing brown rice couscons, which takes 15 minutes. While that is cooking, run the peas nnder some warm water to quickly thaw them (this isn t a plan ahead kind of meal!). Then, combine the mayo, mustard, onion powder, dill, salt, sugar, lemon juice, and water in a small dish.

Take the lid off of the couscous, give it a quick fluff with a fork and stir in the peas and mayo mixture. Using your fork, crumble the tuna in and give everything another stir to combine. Dish up into two bowls and serve!

Yields 2 very fast lunches

Vegan "Tuna" Salad

Recipe by Alexandra of Delicious Knowledge (www.delicious knowledge.com)

This is another chickpea "tuna" variation (it is popular stuff!). This one is more of a salad-style from vegan chef/dietitian Alexandra. If mayo isn't on your menu, try using Libby's "mayo" from the Avocado and Chicken Salad recipe.

From Alexandra: "When I want an indulgent, filling lunch I turn to some sort of salad. I love making a "tuna" salad out of pulsed chick peas. Everyone has a different variation on it, this is just my favorite."

Ingredients

- 2 15-ounce cans chickpeas, drained and rinsed
- 1/2 cup egg-less / vegan mayonnaise
- 1 medium bell pepper finely chopped
- 2 carrots, peeled and finely chopped
- 2 tablespoons fresh parsley, finely chopped
- 1/2 cup walnuts, finely chopped
- 1 tablespoon Dijon mustard

Grind chickpeas in a food processor or mash with potato masher into small, flaky pieces. In a large bowl, combine the remaining ingredients and mix well. Add chickpeas and season with salt and pepper to taste.

Makes 4 servings

Sardine-Avocado Salad

Recipe by Lori of What Runs Lori (www.whatrunslori.com)

Hmm, kid friendly? Perhaps. If the sardines just won't pass, feel free to sub in canned tuna or salmon for an equally protein packed salad. But if possible, give the sardines a chance for yourself and the little ones. If it flies you are golden, because sardines are quite rich in omega 3's, calcium, AND protein. Really, they are an unsung superfood, and a fairly sustainable fish that is also very low in mercury.

From Lori: "... for a huge punch of protein, healthy fats, low sodium, and a high flavor dish, have fun with the delicious mixed bowl below. Feel free to add any spices, herbs, or add-ins you wish. You can use this as a topping for a sandwich, mix with lettuce or cabbage (as I do), or kick up the protein by adding to an egg scramble."

Ingredients

- One can sardines (packed in water, plain)
- 1/2 of medium avocado
- 3 tablespoons diced white onions
- 1 tablespoon lime or lemon juice (more or less to taste)
- dash garlic powder
- dash cayenne pepper
- dash salt
- few twists freshly cracked black pepper

Optional ingredients (but Lori says "great to add")

- 2 tablespoons stone ground mustard
- dash cumin
- green onion
- fresh cilantro

Mash all ingredients together in a bowl until well combined. See Lori's tips above for serving.

Makes 1 to 2 servings

Chicken and Avocado Salad

Recipe by Libby of The Allergic Kid (http://allergickid.blogspot.com)

Libby wanted a chicken salad opt on that was egg free but d dn t call for silken tofu or vegan mayo so she turned to the creamy avocado This recipe is best to use the day it s made, since the avocado can brown a bit (but it still tastes just as good!)

From Libby: "This salad is aimed directly at The Kid's preferences (and lunchbox) You could easily double the amount of dressing, but I held t n check both to keep the taste from overwhelming him and to keep his pita bread from getting soggy The has c recipe also does well with additional vegetables taking the place of some of the chicken I used the same flavors in this dressing as the ones I used for a roast chicken, but it's also really good with Asian flavors like sesame oil and l me ju ce with ginger garlic and soy sauce "

Dressing

- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1/2 teaspoon dried thyme leaves
- 1/4 teaspoon prepared mustard (any kind except plain yellow)
- pinch of garlic powder
- kosher salt to taste

Chunky Stuff:

- 1 ripe avocado
- 2 cups chopped chicken
- 1 stalk celery chopped

Combine dressing ingredients in salad bowl and whisk together with a fork until emulsified. Slice avocado into smallish chunks and gently stir into dressing to coat. Stir chicken and celery into avocado mixture and serve Enjoy in sandwiches, with crackers or with greens (or purples)

Makes 2 1/2 cups

More Lunchbox Love

[illegible] with lunchbox main dishes. However [illegible] morning [illegible] out options, turn to the Pikelets, one of the wrap recipes (including [illegible] Egg Crepe [illegible] Hummus Sandwich. Most of these recipes freeze well (even sandwiches) [illegible] be afraid to make a [illegible] batch and freeze in single serve portions.

Pikelets

Meatloaf Muffins with Brown Sugar Glaze

Cornday Muffins

Corn Puppies

Italian Style Organic Chicken Sausages in Vegetarian Casing

Honey Mustard Chicken Strips

Buttery" Turkey-Pretzel Meatballs

Baked Sweet Potato Falafel with Tahini Yogurt Sauce

Stuffed Zucchini

Take Along Taco Bar w/ Quick Homemade Seasoning

Black & White Hidden Treasure Burritos

Black Bean Mango Salsa wrap

Quick & Easy Tofurky Wraps with Goddess Dressing

Egg Crepe Wraps

Roasted Plantain and Peanut Butter Sandwich

Hummus, Avocado and Cheese Sandwich

Veggie Packed Sloppy Joes

Portobello-Black Bean Burgers

Black Bean Rice Burgers

Rip s Sweet Potato Lasagna

P F Chang s China Bistro Chicken Fried Rice

Vegan Mac N Cheez

Easy Veggie Udon for Ramen Lovers

Pikelets

Recipe by Naomi of Straight Into Bed Cakefree and Dried (http://milkforthemommycake.blogspot.com)

From Naomi: "I don't need to sneak vegetables past [my son] anymore, but I do like to include them in breads and pancakes as a lightener, balancing out the dense protein of eggs and nuts with a little healthy fiber and nutrients, sweetness and flavor. These Pikelets are a lunchbox staple. I vary them with whatever I have handy: coconut, peanut butter, squash, carrot, beetroot, banana, pesto, parmesan ...This is a method for you to fly with, not an exact recipe."

Ingredients:

- About 1 cup of vegetable or fruit that is mashable (cooked peas, squash, carrots, beets, banana, etc.)
- 1 large free range egg
- 1/4 teaspoon baking soda
- 1 teaspoon apple cider vinegar or lemon juice
- ground nuts (almonds, cashews, hazelnuts, etc.), enough to make a soft dropping consistency
- pinch sea salt

Put the vegetable or fruit in the blender with egg, vinegar, salt, and baking soda, and whiz until smooth. If you want to add grated parmesan, pesto, etc., add it now. Add spoonfuls of ground nuts and blitz between each addition until the soft dropping consistency is reached.

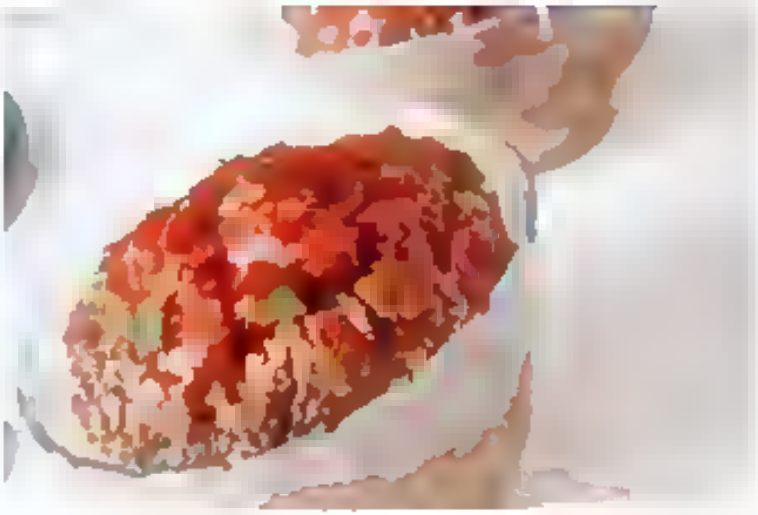
Heat a heavy frying pan (skillet) and pour in a small amount of oil. Don't have it too hot, or the sugars in the vegetables or fruit will burn before the pikelet is cooked. Drop spoonfuls into the pan, leaving room for turning. Cook for about a minute until golden brown on the bottom but not set on top. Lift one gently up with a palet knife to see. Flip with the palet knife—some skill is required here—and cook for a minute or so on the other side until that is golden brown too.

Cool on a rack, or eat them hot from the pan with crème fraiche and crunchy salad leaves or pumpkin puree, or bright green pesto!

Makes 1 to 2 servings

Meatloaf Muffins with Brown Sugar Glaze

Recipe by Kim of Cook it Allergy Free (www.cookitallergyfree.com)



Ingredients

- 1/3 cup brown sugar
- 1/3 cup ketchup [look for one without high fructose corn syrup, such as Organicville or Hunts]
- 1 1/2 lbs lean ground beef (preferably organic, grass-fed) [can sub ground turkey if you prefer]
- 3 cloves garlic, minced
- 1/2 cup unsweetened hemp milk (may sub unsweetened rice milk, soymilk, or coconut milk beverage)
- 1 egg
- 1/4 cup celery, finely chopped
- 1 1/2 teaspoons salt
- 1/4 teaspoon ground black pepper, or to taste
- 1 onion, finely chopped
- 1 cup gluten free cracker crumbs, (such as Glutino crackers or Pretzels crushed into crumbs) [can use regular cracker crumbs if gluten-free is not a concern]

Preheat oven to 350°F (175°C). Lightly grease 8 tins in a muffin pan.

Press a small amount of the brown sugar in the bottom of each tin of the pan (dividing equally between the tins) and spread the ketchup over the sugar in each.

In a bowl, mix thoroughly all remaining ingredients. Place meat mixture on top of the ketchup and sugar, filling each muffin cup to the top. Bake in preheated oven for 30 minutes or until juices are clear. Serve.

Egg-Free option
Use 1 tablespoon ground flax seed mixed with 2 tablespoons of water

Makes 8 servings

Corndog Muffins

Recipe by Sarena of The Non-Dairy Queen (http://thenondairyqueen.blogspot.com)

Even though her oldest son isn't a fan of corndogs, Sarena says he loves this recipe. In fact, all of her boys have requested that this one stay in the rotation, including her biggest boy – The Illustrator, her gluten-free husband.

From Sarena: "The muffins are crunchy on the outside, moist on the inside and slightly sweet. YUM! I won't say these are healthy, but they are way better for you than the grease laden counterpart and they are lower in fat...so, a healthier option is what I will call these!"

Ingredients

- 2-1/4 cups regular almond milk (can sub rice milk, soymilk, hemp milk, or coconut milk beverage)
- 2 teaspoons apple cider vinegar
- 1 cup coarse ground cornmeal
- 1 cup corn flour (not to be confused with cornstarch, this is the stuff used to make corn tortillas and can be found in the ethnic food aisle of many grocers)
- 1/2 cup white rice flour (for gluten free) or whole wheat pastry flour
- 1 Tablespoon baking powder
- 1/2 teaspoon salt
- 7 drops stevia extract (Sarena uses NuNaturals stevia extract in vanilla flavor) or add 1 more tablespoon of honey or agave nectar
- 2 tablespoons honey or agave nectar
- 4 hot dogs, chopped (Sarena uses turkey dogs, you can sub veggie dogs for a vegetarian option)

Preheat the oven to 350°F. Spray muffin pan with cooking spray.

Stir together the milk alternative and apple cider vinegar. The milk will look curdled, but it is supposed to. Then set aside. In a separate bowl, mix together the cornmeal, corn flour, rice or wheat flour, baking powder and salt. Next, add the stevia extract (if using) and honey to the milk mixture. Add the milk to the dry mixture and mix the ingredients together just until everything is combined. Stir in the chopped hot dogs. Scoop into prepared muffin pan and fill to the top of the cups. Bake regular size muffins for 20 and mini muffins for 15 minutes or until toothpick inserted in the center comes out clean.

Makes 24 minis plus 4 regular or 12 regular muffins

Corn Puppies

Recipe by Libby of The Allergic Kid (http://allergickid.blogspot.com)

This is a lunchbox favorite in the Allergic Kid household. Libby says that these take "advance prep to bake, but are super fast in the morning."

Ingredients

- 1 tablespoon lemon juice
- 1/2 cup plain soymilk (though soymilk does work best in this application, you can sub the plain milk alternative of your choosing)
- 1 tablespoon honey
- 3/4 cup all-purpose flour or whole wheat pastry flour
- 1/2 cup corn meal
- 1/2 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 2 tablespoon dairy-free margarine
- 8-10 small precooked turkey or chicken sausages (about the size of breakfast sausages)
- lollypop stick for each sausage

Preheat oven to 450°F. Mix together lemon juice and soymilk and set aside. Sift together flour, corn meal, baking powder, baking soda, and salt into medium bowl. Cut margarine into small pieces and quickly rub it into the flour mixture with your fingers until evenly distributed. Stir honey into soymilk mixture, and then stir liquids into dry ingredients.

Once the biscuit mixture is completely combined, pat it out onto a well floured surface with well floured hands. Gently fold the dough in half, then pat it out again into a round, then fold again. Repeat four or five times, then divide dough into the same number of pieces as you have sausage.

With your hands, press the dough into a rectangle appropriate for the size of the sausage. Center sausage on the dough and insert lollypop stick.

Fold dough around sausage and press together to make a smooth surface Place completed corn puppy seam side down on a nonstick baking pan

Bake for 8 to 10 minutes but watch carefully You may need to take them out a little sooner Allow to cool somewhat and serve with ketchup for dipping. I put them in The Kid s lunchbox to eat at room temperature, which tasted good too

Makes 8 to 10 corn sausages

Italian-Style Organic Chicken Sausages in Vegetarian Casing

Recipe by Miss Dropsie of Healthy Food, Healthy Mind, Healthy Me (http://missdropsie.blogspot.com)

Speaking of chicken sausages Miss Dropsie has this fabulous homemade recipe that is completely void of allergens and additives Plus she uses rice paper wrappers (can be found in most grocers) for the casings! She doesn't call this "lunch" fare per say but I thought it fit in nicely for making Libby's Corn Puppies or for dicing and adding to wraps or pasta for an easy and healthy lunch Miss Dropsie likes to add chilies to her sausages but omits them for a more kid friendly version

Ingredients

- 3 tablespoons chopped fresh basil
- 7 sun dried tomatoes (sulfate free) soaked for 5 minutes in hot water to rehydrate
- 1/2 large onion
- 1lb ground organic chicken (can sub ground turkey)
- 1 teaspoon garlic powder
- 3/4 tablespoon dried rosemary
- 1/4 tablespoon celery seed
- 1/4 tablespoon salt
- 1/2 tablespoon pepper
- 5 rice paper wraps

Grind basil rehydrated sun dried tomatoes and onion in a food processor (or chop very finely) Add to ground chicken in a large bowl Combine spices and sprinkle altogether over bowl contents Mix.

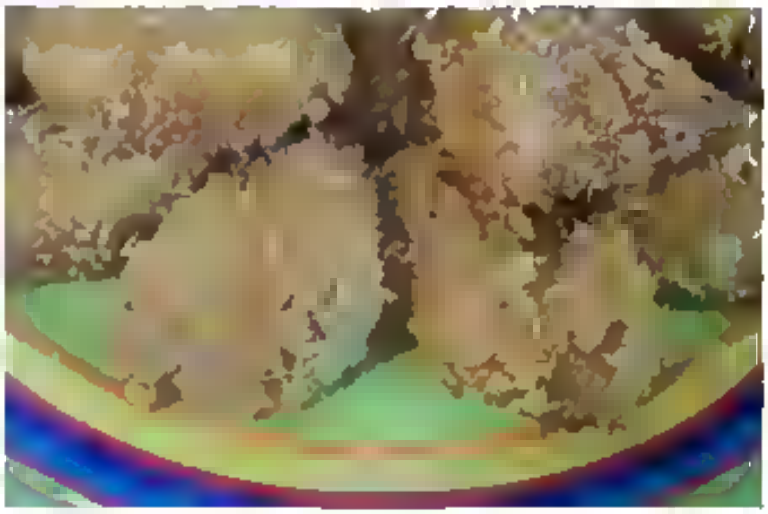
Now you need a little station set up Lightly spray a plate with oil Set up a large container with at least an inch of warm water (big enough to dip your rice wraps in) and you'll need one more plate to make your sausages

Soak a rice wrap for 5 10 seconds then lay it on your empty plate Spoon 1/5 of the filling onto your wrap and form into a sausage Roll it up while folding in the sides To grill lightly spray the sausages and the grill with oil BBQ until they hit about 170 degrees You can optionally bake or pan fry them for easy winter preparation

Makes 5 sausages

Honey Mustard Chicken Strips

Recipe by Libby of The Allergic Kid (http://allergickid.blogspot.com)



From Libby "After much experimentation I've managed a respectable, and healthier homemade chicken strip I tried different breading soft bread crumbs cornflakes and panko by themselves and in various combinations This is the best result I've found."

Ingredients:

- 2 cups corn flakes
- 1/2 cup all-purpose flour or whole wheat flour
- 1/4 cup honey
- 1 tablespoon Dijon mustard
- 1 tablespoon lemon juice
- 1 tablespoon vegetable or olive oil
- 1 cups panko (Japanese style bread crumbs) or other dry bread crumbs
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 3 chicken breast halves

Preheat oven to 375°F Line a broiler pan or cookie sheet with nonstick aluminum foil (You could also coat a pan with vegetable oil but I have not tried it) Measure out the corn flakes into a quart size Ziploc bag Try to squeeze out all the air before closing tightly and giving to your child with the instructions to smoosh the cornflakes into the smallest pieces possible

Place flour on a large plate Microwave honey in a medium bowl for 10 to 20 seconds, then whisk in mustard lemon juice and oil with a fork Leave the fork in the bowl for use with the chicken Mix together crushed corn flakes panko paprika garlic powder and salt on another large plate Cut each chicken breast half against the grain into six pieces making the strips in the thicker part of the chicken slightly narrower so that they are closer to the same size

Put your chicken pieces through the three stage assembly line Dredge each chunk of chicken in the flour being sure to tap off any excess Drop gently into the honey mixture Use the fork to turn chicken over and place on the breading plate (sticking your fingers in the bowl will lead to an unbearable mess) Cover both sides of the

chicken with the bread ng mixture and place directly onto pan without allowing the chicken p eces to touch each other Repeat unt-l all the ch cken is breaded

Bake chicken for 25 minutes Increasing or decreasing the time by 5 minutes if the breasts are unusually thick or scrawny Cut into the thickest piece of chicken to make sure all pink is gone and the juices are running clearly Now practice saying, "No this is better than McDonald s!"

Makes 18 strips

Buttery Turkey Pretzel Meatballs

Recipe by Sophie of Burp and Slurp (www.burpandslurp.com)

Sophia is a collaga studant whosa culinary imag nat on knows no lim ts Throw in her Koraan hentaga and you have a blog bursting with flavor

Meatballs

- 1 lb ground turkey
- 3 cloves garlic, minced
- 2-3 stalks celery, diced finely
- 1 larga onion diced finely (Sophia uses both red and yellow)
- savory PB sauce (recipe below)
- 1 cnp crushed pretzels (can use whole wheat, spelt or gluten free pretzels if desired)
- 1 larga agg, beaten

Savory PB sauce

- 2/3 cup chunky peanut butter (can substitute sunflower butter for "nut free" policies)
- 1/3 cup soy sauce
- 1 clove garlic, minced
- 1 tablespoon honey
- Rica v nagar (can snbst tnta apple cidar vinagar wh te wina vinegar or whita vinagar in a pinch)
- milk or coconut milk (l ght regular or coconut m lk bevaraga)

For tha PB sauca Just mix averything up nntil smooth Adjust the amount of vinegar and milk to your own taste The mixtnre shouldn t be too liqnidy but creamy and thick enough to coat yonr fingar

Naxt up tha maatballs Preheat yeur oven to 350°F Prep tha vegetablas M x them into the gronnd turkey w th the garl c Pour n tha PB sauce You may not need it all I nsa about 80% of mina Crack an egg in thare then mix. Maanwhila prapare your pretzels by crushing them Pour tha pretzels into tha turkey mixture and combina until tha mixture is workabla If you think it is too dry add in more PB sance Too wat, add more pretzal crumbs

Roll into balls and arrange on a greased cookie shaat Baka tham for 20 minutes, or untl cooked through

Makes 4 servings

Baked Sweet Potato Falafel with Tahini-Yogurt Sauce

Recipe by Joanne of Eats Well With Others (www.joanne.eatswellwithothers.com)

From Joanne "Delicious in a p ta along with some spinach or served over rice/whole grains Honestly if you're a sweet potato lover it doesn't get any better than this"

Falafel

- 1 1/2 lbs sweet potato
- 1 1/2 teaspoons ground cumin
- 4 cloves garlic minced
- 1 1/2 teaspoons ground coriander
- 1 bunch cilantro
- 2 tablespoons lemon juice
- 1 cup chickpea / garbanzo bean flour
- salt and pepper to taste
- sesame seeds for sprinkling

Preheat your oven to 400°F Poke the sweet potatoes with a fork and bake until soft, 30-45 minutes. Remove them and let cool then peel (eat the skins) and mash the sweet potato flesh in a bowl with the remaining ingredients (except for the sesame seeds) Season the sweet potatoes with salt and pepper, to taste Let the mixture sit in the freezer for 20 minutes

Line a baking sheet with parchment paper or spray it with cooking spray Form the sweet potato mixture into about 12 falafel balls (or more depending on how large you want them) Place on a baking sheet. Spray with cooking spray Sprinkle with sesame seeds Bake them for 15-20 minutes or until the outside is crisp

Tahini-Yogurt Sauce

Mix 1/4 cup tahini paste with 1 cup Greek yogurt, 2 cloves of minced garlic and 1/2 of a lemon s worth of juice

Alisa s Dairy-Free Note

Substitute a plain soy yogurt, pureed silken tofu or for a soy-free version, try the cashew sour cream recipe from *Go Dairy Free: The Guide and Cookbook.*

Makes 4 servings

Stuffed Zucchini

Recipe by Lo of Famille d'Arsenal (http://arsenalfamily.wordpress.com)

According to La, "These are super tasty!"

Ingredients

- 4 medium zucchini
- 2 medium tomatoes
- 1/2 cup wheat crackers (smashed)
- 1/2 cup corn
- 2 tablespoons fruity salsa (mango, pineapple, peach, pomegranate, etc.)
- smoked gouda (optional)

For adults, the skin can remain on the zucchini; for children or toddlers, peel the zucchini. Cut the zucchini lengthwise. Use a spoon to empty the zucchini of its flesh/seeds, so that you are left with shells or "boats." Place the empty boats on a cookie sheet and bake at 350 for ten minutes.

Dice the tomatoes, crush the crackers, and add fruit salsa and corn. Stir to combine. Sauté the mixture for about 5-10 minutes, or enough time to get the liquid out. Scoop the mixture into the baked zucchini shells and bake for another 15 minutes.

If you would like a "pizza" flavor, add oregano and Italian seasonings and top with cheese!

Alisa's Dairy Free Note
La says these are great without cheese, but if you opt to go pizza style, you can even find vegan "gouda" from brands like Sheese and Ste Martaen. However, for optimal melt, go for Daiya vegan cheese alternative, which comes in cheddar or mozzarella.

Makes 4 servings

Take Along Taco Bar w/ Quick Homemade Seasoning

Recipe by Alisa Fleming of One Frugal Foodie (www.onefrugalfoodie.com) and author of Go Dairy Free

This taco seasoning recipe is from my book *Go Dairy Free: The Guide and Cookbook*. I included it as an extra recipe since the flavor is so darn good and versatile, and it is just spices (no additives like in the packaged seasonings). I shared it on my blog one day, and I'll be darned if it hasn't become one of the most popular recipes I have. Something so simple, but I guess that is what we all love — easy recipes.

I use a mild chili powder, so this really is a mild, kid-friendly seasoning. We prefer to control the heat of our meals after the fact, with hot sauce or salsa to taste. The seasoning recipe makes a single serving (equivalent to one store-bought packet), but you can multiply it to keep a batch on hand.

Tacos:

- 1 lb ground turkey, ground beef, chopped chicken breast, crumbled tofu, or vegan "meat" crumbles
- 1 batch mild taco seasoning (recipe below)
- 6 to 8 small tortillas, your choice of type
- guacamole or avocado slices (make sure to cut them fresh and sprinkle with lime or lemon juice to help prevent browning)
- salsa
- Optional Additions: lettuce, coleslaw, regular or vegan cheese, hot sauce, etc.

Cook the meat over medium heat in a large skillet. When it is almost cooked, add the taco seasoning (if your meat releases a lot of water, you may want to drain off the excess before adding the seasoning). Finish cooking with the seasoning incorporated to help the flavors meld.

In separate containers, pack tortillas, the prepared meat (or vegan alternative), guacamole or avocado slices, salsa, and any other additions you or your child might like (lettuce, coleslaw, cheese (regular or vegan), hot sauce, etc.)

Flavorful Taco Seasoning

- 1 tablespoon mild chili powder
- 1 1/2 teaspoons ground cumin
- 1/2 teaspoon paprika
- 1/4 teaspoon garlic powder

- 1/4 teaspoon on on powder
- 1/4 teaspoon dried crushed oregano
- 1/8 teaspoon crushed red pepper flakes (optional but can increase if you like spicier)
- 1/2 to 1 teaspoon salt (use the full amount)
- up to 1/2 teaspoon freshly ground black pepper (optional I often omit)

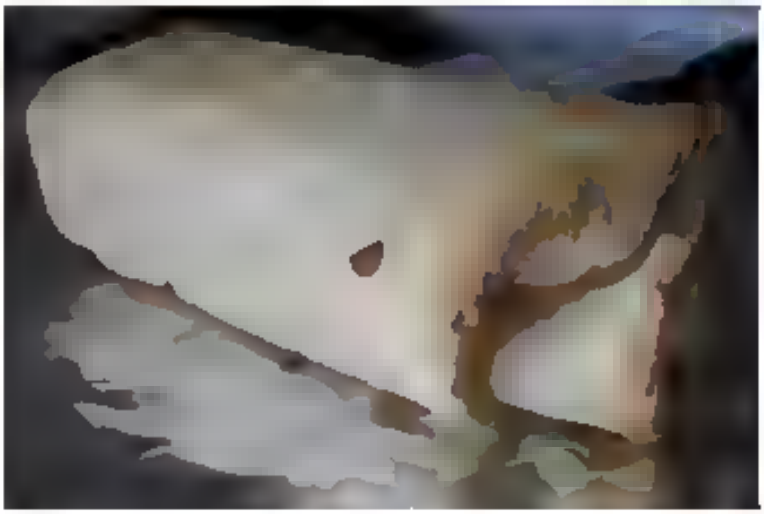
In a small bowl, stir all of the ingredients together If not using immediately store in an airtight container This makes 2-1/2 tablespoons or the equivalent of a 1/4-ounce packet of store bought

Roller Wrap Option
Combine the cooked and seasoned taco meat with 1 can of refried beans (or use one of the bean dips in this ebook) You can pulse the mixture in a food processor a few times to achieve a slightly smoother consistency if desired Spread the mixture on a tortilla wrap (covers about 6 wraps) You can opt onally sprinkle with some cheese (dairy or vegan) Roll them up pinwheel style, tucking the ends once rolled Wrap tightly and store until ready to eat Serve w th a side of salsa and guacamole for dipping

Makes 6 to 8 tacos or wraps

Black & White Hidden Treasure Burritos

Recipe by Meredyth of Mission Vegan (www.missionvegan.com)



Meredyth uses this recipe as a way to sneak some veggies into her picky child. The veggies she uses are based on what she has on hand, but she said potatoes, peppers, and corn also go well.

From Meredyth: "The spice and heat level are super mild, so don't skimp on the spices."

Ingredients:

- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon ground cumin (or to taste)
- 1 teaspoon chili powder (or to taste)
- 1 cup cauliflower puree (see note below)
- 1 cup chopped frozen kale (see note below or 1 cup chopped fresh kale)
- 1 15-ounce can cannellini beans, drained and rinsed
- 1 15-ounce can black beans, drained and rinsed
- 1/2 cup salsa
- salt and pepper to taste

In a large skillet, sauté the onions and the garlic over medium-low heat in a little bit of olive oil. Cook for 10 minutes, or until the onions are extremely tender (you don't want to give the kids a reason not to like this, so be sure to cook the crunch out of the onion). Add the spices and toast for a minute. Then add the cauliflower puree and the kale. Stir to combine. Add the beans, but mash up about half of the can of each variety as you add it to the pan. I just smashed them with my hands, but you could use a potato masher. Once the beans are in, stir in the salsa and taste for seasoning.

This recipe makes a great burrito or "quesadilla" filling. Since the filling is mushy, Meredyth opts to toast the tortilla in some fashion just to give it a different texture than the filling.

To Make the Cauliflower Puree

Bring about 2 cups veggie stock or water to a boil in a medium pot. Add 1/2 head of cauliflower and let it cook through (takes about 10 minutes). When the cauliflower has become tender, transfer it to a food processor and

puree Save the cooking liquid and add a little at a time to loosen up the cauliflower as you puree t Remove puree from the food processor and set as de This freezes very well

To Make the Chopped Frozen Kale
Use your food processor to finely chop a bunch of kale (stems removed) Put the kale into a pot of boiling water and cook for about 10 minutes Strain and lay out on a baking sheet Put the baking sheet n the freezer until the kale has frozen Once frozen you can transfer it to a container without it sticking all together

Makes roughly 6 servings

Black Bean-Mango Salsa wrap

Recipe by Erin of The Healthy Apron (www.thehealthyapron.com)

Erin says this wrap is more geared towards adults, older kids and adventurous children. Fortunately, this means if the tastes are too mature for your little one, then you can enjoy the leftovers!

From Erin: "I like to prepare spreads and salsas early in the week so that they are readily available to make sandwiches and wraps. Feel free to use your imagination, adding cheese, chicken, or fish as another wrap component! I even used these spreads for quick and easy, no fuss dinners!"

Ingredients

- 4 whole-grain or gluten free wraps (Erin likes to use La Tortilla Factory Multigrain Wraps)
- 1 15-ounce can, no added salt black beans
- 3 tablespoons chunky salsa
- 1/2 teaspoon ground cumin
- 1 medium ripe mango, peeled and cubed
- 1/4 cup diced red onion
- 1/2 cup diced avocado
- 1 tablespoon chopped fresh cilantro
- 1 teaspoon olive oil
- 1 teaspoon lemon juice
- 1 teaspoon honey
- Mixed greens salad (lots of veggies)

In a medium bowl, mash black beans with fork until mushy and add salsa + cumin. Mix well. Store the bean mixture in an airtight container to use as a sandwich spread for the week.

To make the salsa, place the mango cubes, onion, and avocado in a bowl. In a separate bowl, whisk together olive oil, lemon juice, and honey. Pour over mango mixture. Stir well and store in air tight container as sandwich topper for the week.

Make medium bowl of mixed greens salad: lettuce, tomato, carrot, etc, store in air tight container for the week.

Wrap assembly Take a tortilla spread w th roughly 1/3 of black bean mixture spr nkle on 1/4 cup mango salsa and top with a hearty helping of salad m x Roll up and wrap w th foil Pack for lunch!

Makes 3 to 4 wraps

Quick & Easy Tofurky Wraps with Goddess Dressing

Recipe by Andrea of Bakery Manis (http://bakerymanis.wordpress.com)

From Andrea: "I eat these little wraps whenever I'm too starving to cook, when I'm just in a hurry (running to work, appointments, or surfing), or when I need to use up some leftovers from the fridge. This method has worked for leftover everything, even sometimes soba noodles or other random foods. If some of the combinations made from leftovers might seem a bit wacky, just trust me, everything tastes great with this dressing – even if there is an existing sauce on the leftovers! Just mix it up! One of my favorite combinations is Tofurky and quinoa, tossed with other veggies and steamed kale."

Wraps:

- 1 tortilla (wheat, sprouted, gluten-free, etc., but not a corn tortilla)
- 3-4 slices of tofurky, or leftover tofu or tempeh
- 1/2 cup cooked grains (quinoa or brown rice)
- 3 slices avocado
- 1/4 cup cooked veggies
- 1/2 cup cooked leafy greens
- goddess dressing (recipe below)
- salt & pepper to taste (optional)

Lay the tortilla on a plate and cover the middle with Tofurky slices (or leftover tofu). Then add the grains, then avocado, cooked veggies, and the leafy greens on top. Cover the fillings with the dressing and dust with salt & pepper if you would like. Wrap it up in aluminum foil, making one end very tight so that it can be eaten while being unwrapped without losing the fillings.

Homemade Goddess Dressing:

- 2 tablespoons sesame tahini
- 1 teaspoon lemon juice
- 1 teaspoon Braggs liquid aminos or soy sauce
- dash of honey or agave (to taste)
- pinch black pepper
- 1-2 tablespoons olive oil

Mix all ingredients in a bowl until it reaches a nice smooth texture: there should be a good creamy consistency and a good balance of flavors. adjust salty/sour/sweet to taste by adding more of Braggs/lemon/honey to balance the dressing. If it starts to separate whisk in more water to make it smooth again.

Makes 1 wrap

Egg Crepe Wraps

Recipe by Naomi of Straight Into Bed Cakefree and Dried (http://milkforthemommycake.blogspot.com)

From Naomi: "This is not a fancy recipe. What I love about it, is that I can get up in the morning, whack a few crepes in a pan, stick whatever we have in the fridge inside them and [my son] has lunch. And of course, these are eaten with fingers – any attempt to use cutlery will leave you with an unrolled mess on your hands."

Ingredients

- 1 large organic egg
- 1 tablespoon water
- 1 pinch sea salt

Whisk it all together and pour in a very thin layer into a heated smallish, oiled, crepe pan. Naomi uses an 8-inch pan. It's best to do the pouring from one side of the pan as you tilt it, swirl the egg round and dribble in a little more to fill any holes. When it starts to look golden brown around the edges (a minute tops), peel one up and either just flip with your fingers or a spatula and cook for another 30 seconds.

The only alteration Naomi makes to the original recipe is that sometimes she stirs in a tablespoon or so of finely ground nuts and another teaspoon of water. Hazelnut is her favorite. It's really nice with avocado or tuna and some rocket. You could use any nut flour you like though. She's even used coconut flour to eat with banana slices and hot honey sauce. Still makes about 3 pancakes although you can stretch it to four.

For fillings, use your imagination. Anything you would put in a tortilla flour wrap, or a pancake roll would work here. The key is to keep the quantity small, so you don't break the more fragile egg crepe as you roll it. Then just roll it up however you like.

Some Favorite Fillings

- Prawns, carrot shreds and homemade pesto
- Tuna mayonnaise, cucumber shreds and gem lettuce
- Roast chicken, avocado and rocket with mayo
- Banana and nut butter or honey and sometimes homemade yogurt
- Mini meatballs with homemade pesto and gem lettuce

Makes 3 small crepes if you are careful

Roasted Plantain and Peanut Butter Sandwich

Recipe by Joanne of Eats Well With Others (www.joanne.eatswellwithothers.com)

Leave it to the closet chef/med student Joanne to take an ordinary PB & B to another level. Plantains are popping up in stores more often now due to demand. Plantains are sweeter when the outside is completely black, but they are still sturdy enough to slice and roast. Roasting them brings out some natural sweetness. Nonetheless, you can drizzle on a touch of honey if more sugar is desired.

From Joanne: "I found myself craving a good old peanut butter sandwich (no surprise there). With a twist, of course. The roasted plantain and PB combo is something that I've been thinking about for a while now. It's an adult version of the classic PB + banana that we all know and love. Something that tastes familiar and yet not. And by this I mean, absolutely amazing."

Ingredients:

- 1 plantain
- peanut butter or sunflower butter (for "nut-free" policies)
- 2 slices of whole grain bread (wheat or gluten free)

Preheat the oven to 400°F.

Peel the plantain and slice it horizontally into 1/2 inch thick slices. Place slices on a greased baking pan. Sprinkle them with salt. Bake for 40 minutes, flipping once halfway through, or until soft and caramelized. Spread peanut butter on one slice of bread. Top with half of the slices. Add another slice of bread. Eat. Save the remainder of the plantains for an afternoon snack. That is, if you have the self control to stop yourself from eating them all in one sitting. Which, if you are Joanne, you won't.

Makes 1 sandwich

Hummus, Avocado and Cheese Sandwich

Recipe by Marianne of French Fries to Flaxseeds (http://frenchfriestoflaxseeds.wordpress.com)

From Marianne. "Just as quick as making a PB + J or PB + B but suitable for nut free schools and work places Feel free to toast the bread, use flavored hummus, or mix up the cheese!"

Ingredients

- 2 slices your favorite whole grain bread
- 2 tablespoons hummus
- 1/4 avocado
- 1 ounce sliced aged cheddar or your other favorite strong cheese (see note below for dairy-free)
- Salt and pepper to taste

Spread the hummus on one slice of bread. Smash the avocado onto the other slice of bread. Season the avocado with salt and pepper if desired. Add cheese, close the sandwich, and enjoy!

Alisa's Dairy Free Note:
Many vegan hard cheese alternatives are surprisingly good when simply sliced and served cold on a sandwich. Don't be afraid to taste test a few with this sandwich to see which your family prefers.

Makes 1 sandwich

Veggie Packed Sloppy Joe s

Recipe by Jennifer of She s a Fit Chick (www shesafitchick com)

To keep the buns from getting soggy pack the sloppy joe f lling separately from the bun and include a spoon in the lunchbox for scooping the fil ng n This also goes well in whole grain pitas

Ingredients

- 1/2 cup mushrooms
- 3 celery sticks
- 4 cherry tomatoes
- 1/2 green bell pepper
- 1/2 red bell pepper
- 1/2 cup black ol ves
- 1 lb lean ground beef (or turkey)
- 1 cup water
- 1 packet of Sloppy Joe season ng
- 1 cup of water
- 4 rolls [such as the Speedy Whole Wheat Buns in this ebook]

Chop and puree all veggies (Jennifer roughly chops them and then throws them in her Magic Bullet to make a paste) Brown the ground beef (or turkey) and drain any fat Add the water seasoning and paste to the meat Bring to a boil and then let simmer for 10 minutes Serve on a roll and enjoy!

Makes 4 servings

Portobello-Black Bean Burgers

Recipe by Katie of Making Food and Other Stuff (http://makingfoodandotherstuff.wordpress.com)

Katie ranked these burgers as "kid-friendly for sure," but she wanted to include a warning about the heat ...

From Katie: "If you use mild canned green chiles, the burgers aren't hot at all, but fresh roasted can be really spicy! This recipe is also super adaptable. I used roasted red peppers in place of the green chiles and I've also added shredded carrots. I've made them so many times, and I really LOVE them."

Ingredients:

- 1 1/2 cups black beans
- 4 whole roasted green chilies, chopped or one 4-ounce can
- 2 tablespoons flour of your choice (Katie uses coconut flour)
- 1 teaspoon mild chili powder
- 1/2 teaspoon cayenne pepper (optional)
- 1 egg white
- 1 large Portobello mushroom, chopped

Preheat your oven to 350ºF

Mash or puree beans. Add the rest of the ingredients and mix until combined. Bake on a greased cookie sheet for about 15 minutes, flipping about midway.

Makes about 5-6 medium sized burgers

Black Bean-Rice Burgers

Recipe by Kat of Keep n The Faith (www.keepnthefaith.com)

This recipe came to life from leftovers, but the results were loved by Kat, her nephew, and her little sister. They liked the spice, but for timid taste buds, feel free to omit the chili powder or substitute a teaspoon of paprika.

Ingredients:

- 1 15-ounce can black beans, rinsed and drained
- 1 cup cooked brown rice
- 1 small onion, finely chopped
- 1 egg, lightly beaten
- 1/2 red or green bell pepper, diced
- 1/2 medium zucchini, diced
- 1/2 tablespoon mild or medium chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon garlic salt

In a large bowl, mash beans with a fork. Add the rice, onion, egg and mix well. Add bell pepper, zucchini, and spices. Drop by 1/2 cupfuls into a large nonstick skillet coated with nonstick cooking spray. Flatten to 1/2-inch thickness. Cook over medium heat for 4-5 minutes on each side or until firm and browned.

Makes 4 to 6 patties

Rip s Sweet Potato Lasagna

Recipe by Laury of The Fitness Dish (www.thefitnessdish.com)

Laury adapted th s recipe from one of her favorite cookbooks *The Engine 2 Diet* by Rip Esselstyn Though t requires the typical assembly process the noodles are actually cooked n the lasagna (no need to pre-cook them!) to save quite a bit of t me Plus once a large version of this lasagna is made you have several healthy lunches ready to go for the week!

Ingredients:

- 1 onion chopped
- 1 small head of garlic all cloves chopped
- 8 ounces mushrooms chopped
- 1 head broccoli chopped
- 2 carrots, diced
- 2 red bell peppers diced
- 1 package firm tofu
- 1/2 teaspoon cayenne pepper (optional)
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon dried rosemary
- 2 jars organic tomato sauce of choice
- 2 boxes whole grain lasagna noodles uncooked
- 16 ounces frozen spinach thawed and drained
- 2 sweet potatoes cooked and mashed
- 6 roma or small tomatoes th nly sliced
- 1 cup raw cashews, ground

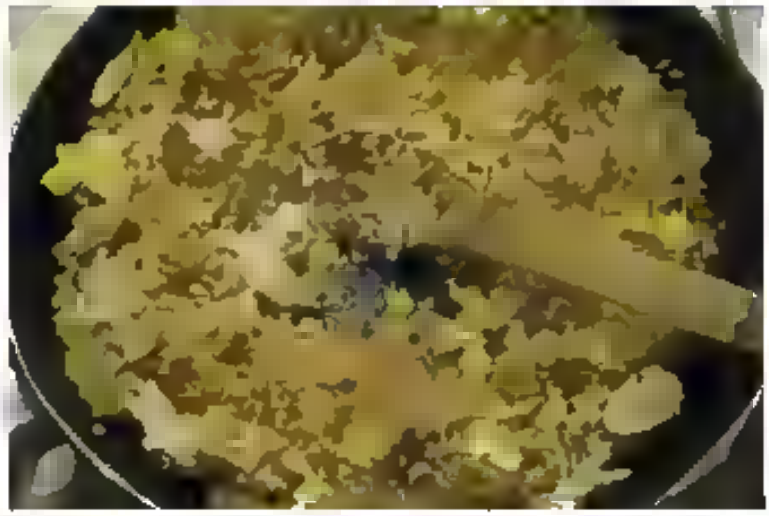
Preheat your oven to 400°F Sauté the onion and garlic on h gh heat for 3 minutes in a wok or nonstick pan Add the mushrooms and cook until the onions are limp and the mushrooms give up their liquid Remove them to a large bowl with a slotted spoon Reserve the mushroom liquid in a pan to saute the other veggies Saute the broccoli and carrots for 5 minutes and add to the mushroom bowl Saute the peppers until they just begin to soften Add them to the veggie bowl Drain the tofu by wrapping in paper towels and pressing. Break it up directly in the towel and stir it into the vegg e bowl Add cayenne (if using) and herbs to the veggie bowl and stir to combine

To assemble: cover the bottom of a 9X13 inch casserole with a layer of sauce. Add a layer of noodles and cover the noodles with sauce. Spread the veggie mixture over the sauced noodles. Cover with a layer of noodles and another dressing of sauce. Top with the spinach. Cover the spinach with the mashed sweet potatoes. Add another layer of sauce, the final layer of noodles, and the last topping of sauce. Cover the lasagna with thinly sliced tomatoes. Cover with foil and bake in the oven for 45 minutes. Remove the foil, sprinkle with the cashews and return to the oven for 15 minutes. Let sit 15 minutes before serving.

Makes 12 servings

P F Chang's China Bistro Chicken Fried Rice

Recipe by Sarah of Mom on the Run (www.healthymomontherun.com)



Fried rice was my first introduction to Chinese food as a child and I s mply loved it. Sarah s version is basic and kid-friendly, but if you th nk you can sneak some veggies n then go for it. Peas, diced carrots, mushrooms, snow peas, onions, and broccoli go nicely, but your child might also like water chestnuts and bamboo shoots.

From Sarah: "This dinner got 5 thumbs up (2 thumbs from all Mom on the Run family members. It didn t taste exactly like PF Chang's masterpiece but it did the trick. I actually liked my sauce a tiny bit better."

Ingredients

- 1/4 teaspoon ground superfine mustard
- 1/4 teaspoon minced ginger
- 1/2 teaspoon minced or crushed garlic
- 1 teaspoon molasses
- 1 1/2 tablespoons lite soy sauce or wheat free tamari (more added at table as desired)
- Canola cooking spray
- 2 eggs
- salt and pepper to taste (optional)
- 4 teaspoons canola oil (can sub your cooking oil of choice)
- 2 cups steamed r ce (wh te is the most palate pleasing, but brown rice works great, too)
- 1 cup cooked chicken, diced or shredded
- 2 to 3 green onions, chopped (use only white part or white plus some of the green if desired)

In a small bowl or cup, blend mustard, ginger, garlic and molasses. Stir in soy sauce and set aside.

Heat a large, nonstick frying pan or skillet over medium heat. Spray center generously with canola cooking spray. Pour eggs in the middle of pan and tilt to spread egg out. Sprinkle salt and pepper over the top if desired. Once the underside is lightly browned, flip the egg over and cook about a minute longer or until bottom is lightly browned. Remove from pan and cut into small pieces with knife and set aside.

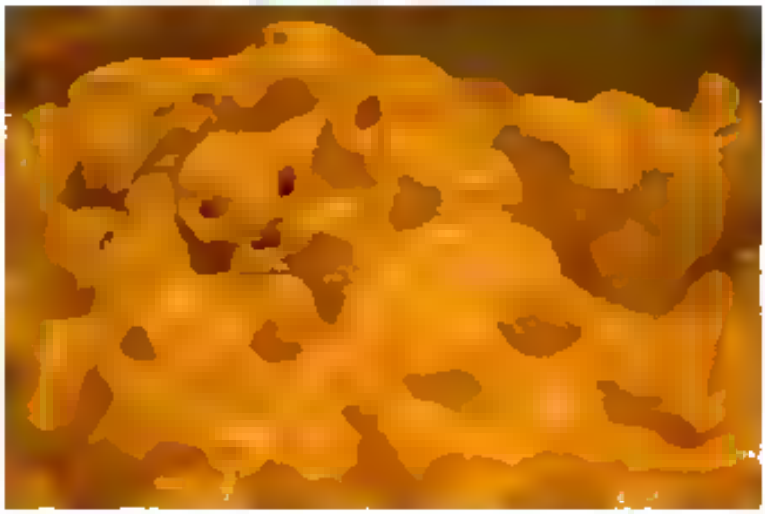
Add the oil to the pan and heat over medium heat. If using any vegetables (see note above), add them now and let sizzle for about 3 minutes, stirring to prevent burning. Add rice, stir and let cook about a minute. Drizzle the

soy-sauce m xture over the top of r ce mixture stir and let cook another m nute or two. Turn off heat and stir in chicken green onion and p eces of egg Serve offer ng additional soy sauce at the table if des red

Makes 3 to 4 servings

Vegan Mac N Cheez

Recipe by Laury of The Fitness Dish (www.thefitnessdish.com)



Laury adapted this recipe from the Macaroni Not Cheese recipe in the *Engine 2 Diet*

From Laury "This was a super low budget dish ..and it turned out great!"

Ingredients:

- 1 onion chopped
- 1 cup raw cashews
- 1/3 cup lemon juice
- 1-1/3 cups water
- 1/2 teaspoon salt
- 1 4-ounce jar roasted red peppers, drained
- 3 tablespoons nutritional yeast
- 1 teaspoon garlic powder (or clove fresh garlic)
- 1 teaspoon onion powder (optional)
- 16 ounces whole grain or quinoa elbow macaroni cooked

Preheat oven to 425ºF

Saute the onion on medium heat in a nonstick skillet for 5 minutes until translucent (you may need to add a little oil or liquid to prevent it from sticking). In a food processor combine the cooked onion cashews lemon juice, water and salt. Gradually blend in the roasted red peppers nutritional yeast garlic powder or garlic clove, and onion powder (if using). Thoroughly toss the sauce in the cooked pasta. Bake in the oven for 20 minutes until golden brown top

Makes 6 to 8 servings

Easy Veggie Udon for Ramen Lovers

Recipe by Alisa Fleming of One Frugal Foodie (www.onefrugalfoodie.com) and author of Go Dairy Free

This simple dish has a Ramen-esque flavor that takes me back to the MSG rich days of my childhood. Obviously, I used a fair dose of sodium, between the wee bit of soy sauce and those few dashes of salt, but I dare say the dish was pretty healthy overall. I often eat this as a meal, as it is rather filling on its own. But, if you want to add some protein, be my guest – meat, eggs, tofu, sliced almonds, chopped peanuts, whatever works for you! Hmm, some toasted sesame seeds sprinkled on as a garnish might also be a nice lunchbox touch.

Ingredients:

- 8 ounces udon noodles (may substitute other spaghetti-like noodles in a pinch; for gluten-free I recommend Eden's all buckwheat soba noodles or rice noodles)
- 3 tablespoons sesame oil, divided
- 3 carrots, peeled into large shreds using a vegetable peeler
- 3 large garlic cloves, minced
- 12 ounces mushrooms, thickly sliced
- 1 5-ounce bag baby spinach leaves
- 1 1/2 tablespoons soy sauce or wheat-free tamari, divided
- 1 teaspoon onion powder
- salt to taste (I use 1/4 to 1/2 teaspoon, but I would start with a dash or two and work your way up)
- freshly ground black pepper to taste or a few pinches of crushed red pepper

Cook the noodles according to the package directions.

While those are boiling, heat 2 tablespoons of the sesame oil over medium-low heat (I do a lower heat to protect the flavor of the oil, but you can up it to medium if you are really hungry). Add the carrots and sauté for a few minutes. Add the garlic and mushrooms and sauté just until the mushrooms begin to soften, about 3 to 5 minutes. Add the spinach and 1/2 tablespoon of soy sauce, and sauté for just a couple of minutes, until those leaves start to wilt.

Turn off the heat, and stir in the noodles, onion powder, remaining 1 tablespoon of soy sauce, remaining 1 tablespoon of sesame oil, and any add-ins (see below), tossing well to ensure everything is coated with those flavors. Season the noodles with salt and pepper to taste. Serve in big bowls.

Optional Add-Ins

I steamed 12 ounces of broccoli florets (about 7 minutes until crisp tender) and tossed them in along with the noodles. The second time I made it, I also added about 1/2 lb of steamed baby carrots, merely because I didn't have any whole carrots to shred. I recommend the peeled or shredded carrots (in the recipe) over the steamed chunks, but personal preference.

Makes 3 to 4 meal sized servings

Sweet Snackin'

[illegible] Mix are best to prepare fresh in the morning, but [illegible] will keep throughout the week. For on on the fly, no [illegible] the Pancake Tacos or the Chocolate Oatie Hearts.

Pumpkin Spiced Chickpeas

Maple Cinnamon Glazed Almonds

Averie's Nut Free Oatmeal Raisin Cookie Bites

Cashew Cookie Bables

Raw Gingerbread Men and Ladies

Chocolate Oatie Hearts

PB&J Balls

Power Balls

Peanut Butter Date Surprise (After School Snack Only)

Averie's No Bake Chocolate Chip Protein Bars

Chewy Granola Bars

Oatmeal Raisin Bars

Chocolate Chip Crispy Cereal Treats

Two-Bite Pistachio Chocolate Chip Cakes

Berry Chocolaty Cupcake Muffins

Banana Carob Snack Cake

Lemon and Orange "Quatre Quarts"(a traditional French cake)

Pancake Tacos

Fruit Kabob's

Frozen Blueberries in Milk

Coconut Water Freezer Pops (After School Snack Only)

Pumpkin Spiced Chickpeas

Recipe by Lauren of Whole Wheat or Bust (http://wholewheatorbust.wordpress.com)

From Lauren: "You can eat them by the handful for a nutritious snack or, as I recently discovered, you can put them in greek yogurt with almond butter and enjoy them for breakfast!"

Ingredients

- 1 15-ounce can chickpeas / garbanzo beans
- 3 tablespoons pumpkin puree
- 1 teaspoon canola oil [can sub your favorite baking oil]
- 1 teaspoon maple syrup or agave nectar
- 1/2 teaspoon vanilla extract
- 2 teaspoons pumpkin pie spice
- 1 teaspoon ground cinnamon

Drain the chickpeas and roll them around on a towel to absorb moisture. Pour them into a bowl and add all remaining ingredients. Stir them so that they are all coated, but not hard enough to break the peas! If you can let them sit for an hour or more to absorb the flavors.

Preheat the oven to 425ºF and lightly spray a baking sheet with oil or line it with parchment paper or a silpat.

Spread the chickpeas evenly over the baking sheet. Try to make the layer only 1 chickpea deep. There will be pumpkin clumps and chunks! Bake for 25 minutes. Take them out and stir them 2-3 times during the 25 minutes to ensure even crisping.

Makes 4 snack-size servings

Maple Cinnamon Glazed Almonds

Recipe by Hannah of Bittersweet (http://bittersweetblog.wordpress.com) and author of My Sweet Vegan

From Hannah "Really it's so easy to make these you truly don t even need to measure I just want you to try it and see for yourself that wholesome foods don't need to be complicated or fussy nor do they have to deprive you of a tasty treat."

Ingredients:

- 1 cup raw almonds
- 1/4 cup maple syrup
- 1 to 3 teaspoons ground cinnamon (Hannah uses the full tablespoon)
- pinch salt

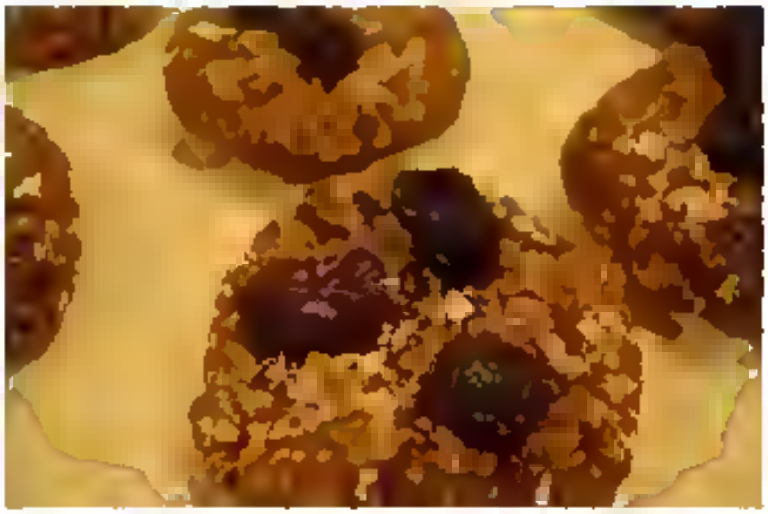
Preheat the oven to 350ºF Throw a s lpat or a sheet of parchment paper on a baking sheet to prevent the nuts from sticking to the bottom and thusly burning.

Throw all ingredients into a small bowl and comb ne thoroughly being sure to coat all the almonds completely in the syrup and spice Spread evenly in one layer on the baking sheet and roast in the oven for 5 minutes Shake around a bit to flip them over and make sure they aren t st cking too badly Bake for another 5 minutes or more until they turn a slightly darker brown or smell nutty Careful now nuts go from lovely golden to burned n no time flat. Remove from the oven and immediately take off of sheet or they will continue to cook. Allow to cool and store in an air tight conta ner

Makes 4 nutty snacks

Averie s Nut-Free Oatmeal Raisin Cookie Bites

Recipe by Averie of Love Veggies and Yoga (www.loveveggiesandyoga.com)



Ingredients

- 1/2 cup rolled or quick oats
- 1/4 cup pitted medjool dates (about 4-6 juicy soft dates)
- 1/4 cup ra sins plus additional for garnish if desired
- 1 teaspoon ground cinnamon
- dash of vanilla extract

First, lightly grind or pulse the oats & then add the medjools in a high-powered blender or food processor Blend again Then add in the raisins, cinnamon and vanilla Blend again Take your dough out, and form into cookie balls and lightly flatten into patties To garnish you can press a few raisins into the top of each cookie patte These store well in the refrigerator and can be packed for lunchboxes or on-the go snacks with ease

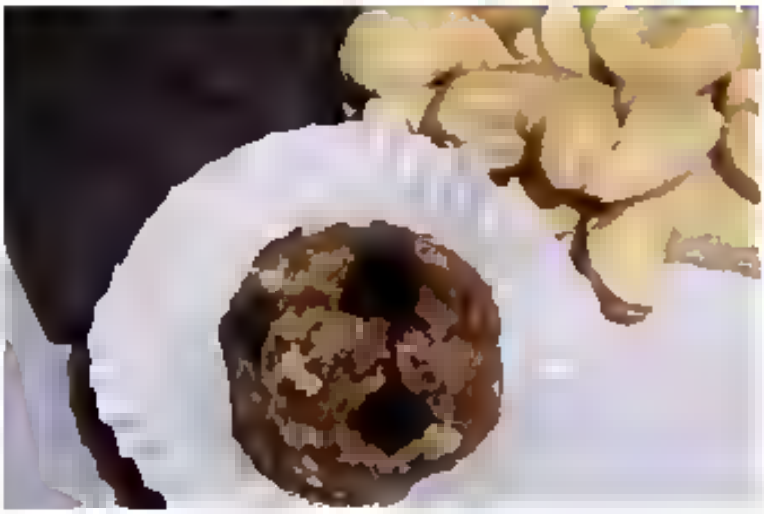
Optional Add-Ins & Extras

- Coconut flakes at the end
- Coconut flakes in the mixture
- Put chocolate/carob chips in the mixture or hand-press some in at the end
- Roll in carob/cocoa powder/cocoa nibs
- Use goji berries instead of raisins or another dr ed fruit like cranberries craisins, apricots
- Omit the dates and just use 1/2 cup raisins if you don t have dates
- Add a dash (or more) of agave-maple syrup, or coconut oil if mixture is too dry

Makes 12 cookies balls or bites

Cashew Cookie Babies

Recipe by Katie of Chocolate-Covered Katie (www.chocolatecoveredkatie.com)



Katie has us all hooked on making Larabar imitations at home. She is constantly coming up with new variations but this seems to be her favorite base. Katie usually rolls them into balls to make "babies" but you can shape them into bars if you prefer.

Ingredients:
30 grams (about 1 ounce) unsalted, raw cashews
80 grams pitted medjool dates (about 1/2 cup packed)
Optional: a drop or two of good-quality vanilla extract (1/8 to 1/4 teaspoon)
Optional: a tiny sprinkle of salt

Blend all in your food processor (Katie uses the Magic Bullet short cup). Remove and shape into bite sized balls or bars (plastic wrap may help in forming them). They should pack along nicely, but to keep them fresh, store them in the refrigerator.

Chocolate Chip Cookie Dough Babies:
Add a handful of chocolate chips or chocolate chunks and use1/4 teaspoon of vanilla extract.

Hot Cocoa Babies:
Add 1 tablespoon of cocoa powder.

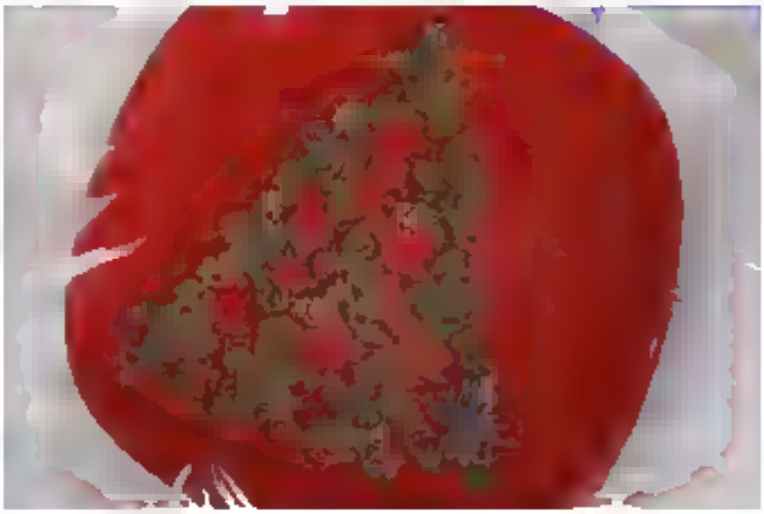
Peanut Butter Babies:
Sub roasted, salted peanuts for the cashews.

No Food Processor?
I've made recipes like Katie's sans food processor. Simply use a spice grinder to grind the nuts (you can leave them a bit coarse if you prefer). Then place the dates in hot water to soften. Remove the dates to another bowl, add in the ground nuts and remaining ingredients, and mash to combine.

Makes 110 grams, or two slightly oversized "Larabars"

Raw Gingerbread Men and Ladies

Recipe by Katie of Chocolate-Covered Katie (www.chocolatecoveredkatie.com)



This is a holiday take on Katie's "babies" or Larabar look alikes. These are great for kids who love the spices of gingerbread, and can be formed into fun shapes for a nice lunchbox treat.

From Katie: "Word of warning: This dough is so good that you might just want to eat it all out of the food processor/Magic Bullet and save yourself the trouble of forming handsome ginger guys."

Ingredients:

- 120 grams pitted medjool dates (about 3/4 cup packed)
- 38 grams raw almonds (about 1 1/2 ounces)
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 1/16 teaspoon ground cloves
- tiny pinch salt
- 1/4 to 1/2 teaspoon vanilla extract

Blend, baby, blend. Then form into people -- or Christmas trees, reindeer, angels -- why not go crazy making yourself a little Gingerbread World?

Makes several "people" or about 3 large "Larabars"

Chocolate Oatie Hearts

Recipe by Kat of Keep'n the Faith (www.keepnthefaith.com)

Kat says this recipe was a big hit with the kids in her family. In fact, her little sister named this healthy treat

From Kat. "These are really good! I love the chocolate- it is a serious treat. All you really need is a little bite and it will satisfy your craving. I promise!"

Ingredients

- 1/4 cup honey or agave nectar
- 1/4 cup peanut butter (can sub different nut butter for a "peanut free" option)
- 1/2 cup rolled or qu ck oats
- 1/4 cup almonds, chopped
- 1/8 cup flax seeds
- 1/8 cup sunflower seeds
- 1/4 cup chocolate chips

Melt honey and peanut butter in a pan. Add remaining ingredients. Stir until chocolate melts. Roll into balls or cut into cute shapes like hearts

Makes 5 to 10 treats, depending on how you shape 'em

PB&J Balls

Recipe by Sierra of Peas Love and Happiness (http://peasloveandhappiness.blogspot.com)

The "P" in these no bakes actually stands for pecans, so this recipe is great for "peanut-free" peoples

From Sierra: "I was an unhealthy kid once too and ate unhealthy food, but it doesn't have to be that way! These PB&J balls are so delicious and nutritious that I think any kid would love 'em! Plus, they don't have white sugar in them, so although they're sweet, they won't send energy levels soaring up only to crash later. Let me just preface this by saying, I *hate* PB&J sandwiches. Always have. Always will. Yet, these kind of taste like PB&J and I love them!"

Ingredients

- 1/2 cup pecans (or any other kind of nut)
- 1/2 cup dried fruit (such as Craisins)
- 1/2 cup protein powder (Sierra uses vegan vanilla plant protein – you can find such options for rice, soy, hemp, or brazil nut protein powders)
- 1/2 cup almond butter
- 1/2 cup brown rice syrup (you can sub another liquid sweetener, such as maple syrup or agave nectar)
- 1/2 teaspoon vanilla extract
- 1/2 cup almonds

Process the pecans in a food processor. Add dried fruit and pulse. Add the rest of ingredients except for the almonds and process really well. Add almonds, pulse a couple of times so they are still chunks. Make golf ball sized balls with your hands. Freeze until hardened. Store in the refrigerator, they do soften a bit at room temperature.

Makes a couple dozen balls

Power Balls

Recipe by Deanna of The Mommy Bowl (www.themommybowl.com)

Deanna created this simple no-bake energy treat with her son If your school has a peanut free policy feel free to sub sunflower butter or another nut butter (if nuts are okay) for the peanut butter

Ingredients

- 1/2 cup honey
- 2/3 cup peanut butter
- 1 3/4 cup rolled or quick oats or quinoa flakes
- 1/3 cup ground flax seed
- 1/2 cup sorghum flour approximate

Put honey and peanut butter in a microwave safe bowl and microwave for 1 minute Stir together Add oats and flax seed and stir until well combined Add flour a tablespoon at a t me until mixture is not too sticky to handle Use a very small cookie scoop to scoop out mixture and roll into balls in your hand Chill Eat

Makes numerous balls, depending on how big you roll them

Peanut Butter Date Surprise

(After School Snack Only – must be served chilled)

Recipe by Kat of Keep n The Faith (www.keepnthefaith.com)

A big healthy blogger trend has been freezing nut butter for a snack. Kat took this up a notch with a sweet center treat, a date — and an almond! You can, of course, use any nut or seed butter you like and can even follow Kat's lead and enjoy some fun flavored nut butters like Chocolate Dreams.

Ingredients:

- 1/2 to 1 tablespoon peanut butter, nut butter, or seed butter of choice
- 1 date, pitted
- 1 almond

Stuff your date with the almond. Place your peanut butter in saran wrap and spread it. Then put the filled date in the center of the peanut butter spread. Wrap it up nice and neat, and freeze. Remove when ready to eat.

Makes 1 snack, multiply as needed

Averie s No Bake Chocolate Chip Protein Bars

Recipe by Averie of Love Veggies and Yoga (www.loveveggiesandyoga.com)

From Averie "The active work time on these is about 10 minutes not including freezer time Gluten free, soy-free vegan h gh raw (no bake) and they taste great! The rest doesn t matter if they don't taste good right?!"

Ingredients

- 1/2 cup maple syrup (can sub agave nectar or yacon syrup)
- 1/2 cup peanut butter or any nut or seed butter
- 1 ripe banana mashed
- 1 1/2 cups oats (rolled or quick, but not instant)
- 1/2 cup shredded coconut (Averie uses sweetened, but you can use unsweetened if you wish)
- 1/2 cup dried fruit (raisins date chunks, cranberries craisins, cherries, mangoes apricots, etc)
- 1/2 cup chocolate chips (can sub carob, butterscotch, peanut butter or white chocolate chips)

The following ingredients are optional but Averie uses them all

- 2 to 4 scoops of protein powder (Averie uses 2 heaping scoops of sun warrior brown rice raw vegan protein powder in vanilla flavor)
- 2 tablespoons flax seeds
- 2 tablespoons chia seeds
- 1 1/2 teaspoons ground cinnamon
- 1 teaspoon vanilla extract

Combine the maple syrup peanut butter and banana in a large bowl until thoroughly mixed. If using the protein powder cinnamon and/or vanilla mix it in now Add the oats coconut, dried fruit chocolate chips, and seeds (if using) and stir to fully incorporate.

Press the mixture into a Tupperware style container or an 8x8 inch pan. You may want to line the container or pan with plastic wrap to make popping them out easier and less messy Put the bars in the freezer for a few hours. Remove the semi hard slab and cut into 10 bars or squares. Store in the freezer individually wrapped for grab-and go convenience They do soften up quickly at room temperature and will keep for a month or more in the freezer

Optional Add-Ins, Extras Tweaks, Variations:

- For a firmer bar add 1/4 cup melted or softened coconut o l with the maple syrup
- Use Christmas cookie cutters and make stars reindeer gingerbread men etc
- Decorate w th sprinkles!!!
- Drizzle lightly with ic ng
- Roll finished product in cinnamon sugar carob coconut cocoa nibs cocoa powder powdered sugar or shredded coconut
- Add 2 to 4 tablespoons of cocoa powder for double chocolate bars
- Dehydrate for a more "cooked tasting" version

Makes 10 decent sized bars

Chewy Granola Bars

Recipe by Amy of Simply Sugar & Gluten-Free (www.simplysugarandglutenfree.com)

This recipe uses teff flour, a grain of considerable importance in eastern Africa. It has its own distinctive taste, which is worth trying, but if you can't locate teff, and do not have an issue with gluten, then you can substitute wheat flour or spelt flour in equal amounts.

From Amy: "These are a favorite of my husband's. They aren't overly sweet, but we like them that way. There is lots of sweetness from the figs and sultans. If you want yours a little sweeter, add more agave."

Ingredients

- 2 cups oats
- 2 tablespoons flax meal plus enough teff flour to make 1/2 cup total
- 1 cup walnuts, chopped to desired size
- 1/2 cup dried black mission figs, stemmed and chopped to desired size
- 1/2 cup sultans (a.k.a. golden raisins)
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/3 cup agave nectar [can substitute honey if desired]
- 2 extra large eggs
- 1 to 2 tablespoons water

Preheat oven to 350°F. Generously grease a 9×13-inch baking pan with cooking spray.

Mix oats, flax meal, teff, walnuts, figs, sultans, cinnamon and ginger in a large mixing bowl. In a small mixing bowl, whisk together agave and eggs. Dump wet ingredients into dry and mix until combined. Add water 1 tablespoon at a time to help moisten granola.

Fit a food processor with a steel blade. Put one cup of the mixture into the food processor. Pulse 3 seconds at a time until mixture is chopped and sticks together. You don't need to make this too fine, but it needs to be a little sticky. It will help keep your bars from falling apart.

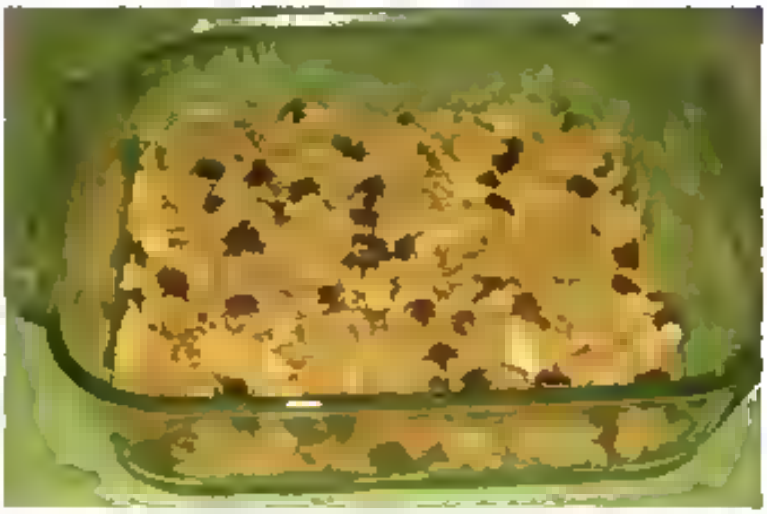
Dump the chopped granola into the remaining granola and mix with a wooden spoon or rubber spatula until combined. Turn into prepared pan. Using wet fingers, press granola into pan. Keep pressing until the granola covers the entire bottom of the pan. Check for any little gaps and push them together.

Bake the bars for 15-20 minutes, or until the edges are just starting to brown. Remove from oven and let cool in the pan on a rack for 15-20 minutes. Remove from pan and place on rack to finish cooling completely. Once cooled, use a very sharp knife to cut into 2-inch x 3-inch bars, or desired size. Store the bars in an airtight container. These also freeze well.

Makes 12 (2 x 3 inch) bars

Oatmeal Raisin Bars

Recipe by Kiersten of Vegan Awakening (http://veganawakening.wordpress.com)



I like this bar recipe because it is one of the few I have seen that can easily be made nut free, an important thing with the food allergy policies at many schools these days. Simply use all seeds in place of the nuts, omit the nuts altogether, or even go seed free by using more fruit, chocolate chips, carob chips, coconut, etc.

From Kiersten: "They're nice and chewy, the raisins are juicy and moist. They're sweet, but not too sweet. They have a nice hint of cinnamon and a great nutty flavor. I'd say they're like a cross between an oatmeal cookie and a granola bar."

Ingredients

- 2 cups rolled or quick oats (not instant)
- 1/2 cup white whole wheat flour (can sub whole wheat pastry flour, whole wheat flour, spelt flour, or your favorite gluten free flour blend)
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/3 cup maple syrup
- 1/4 cup canola oil (can sub your favorite baking oil)
- 2 tablespoons ground flax seed + 6 tablespoons water (whisked together until gelatinous)
- 1/4 teaspoon vanilla extract
- 1/2 cup (packed) raisins
- 1/4 cup sunflower seeds
- 1/4 cup chopped walnuts

Heat your oven to 350°F. Spray an 8 inch square baking pan with cooking spray or line with parchment paper.

Combine the oats, flour, cinnamon, and salt in a large mixing bowl. Whisk together the maple syrup, oil, flax mixture, and vanilla in a separate bowl. Add the wet ingredients to the dry ingredients and stir well to combine. Add the raisins, sunflower seeds, and walnuts. Stir until everything is mixed well. Pour the mixture into the baking pan and smooth into an even layer. Bake for 20-25 minutes until cooked through. Let cool completely in the pan before cutting.

Makes 9 bars

Chocolate Chip Crispy Cereal Treats

Recipe by Alisa Fleming of One Frugal Foodie (www.onefrugalfoodie.com) and author of Go Dairy Free

So what makes thasa diffarent from your ordinary Snap, Crackle, and Pop version? Let's see— no refinad sugars, and, in fact, pretty low in sugar ovarall; two whola grain careals for the price of ona; coconut oil, nstead of hutter or marganner; a little flax seed and nut hutter for good maasure; and, well, chocolate is a haalth food now, right? Thay store really well in the refrigarator, where tha coconut o l helps to keep them firm and crisp but they will traval well (just a waa it softar) and pack n cely into lunch boxes. And, if you aran t in a chocolate mood, you can substitute raisins (and maybe some cinnamon) or other dried fruit for the chocolate chips / nibs

Ingredients

- 1/4 cup honey, agave nectar, brown rice syrup, or a comb nation (you can even usa e little molasses)
- 1/4 cup nut butter (peanut, almond, cashew, or even seed butter - you choose!)
- 2 tablespoons coconut oil
- 1/4 teaspoon vanilla extract (optional)
- generous pinch of salt (omit if using salted nut butter)
- 1 cup crispy brown rice cereal (brands such as Erewhon have gluten frea varieties)
- 1 cup kamut flakes cereal (can sub more brown rica cereal for glutan-frea or anothar small flaked or crispy ceraal, if das red)
- 1 tablespoon flax seads, ground in your spica grindar (measure, then grind)
- 1/4 cup (or more) semi-sweet or dark chocolate chips, chunks, or nibs

Lighdy grease a dozen muffin tins (if you have silicone muffin cups or good non-stick tins, skip this step)

In e small saucepan over low heat, gently melt together the honey, nut butter, and oil. Keep in mind, you are just trying to melt them and combine, not cook them! Stir in the vanille and salt, if using. Remove from the heat and stir in the cereals and ground flax seed. Allow the mixture to cool for a couple of minutes, and then stir in the chocolate (if you stir it in too quickly, it may melt a bit, but this is not necessarily a bad thing)

With a spoon, scoop the mixture into your muffin cups, and gently press it in, evening it out with the back of the spoon. If you use your fingers, the mixture may stick. Freeze for at least 20 minutes. Pop out and enjoy! Store leftovers in the fridge or freezer in an airtight container; this will help to keep them crisp, firm, and fresh

Yields a dozen snack-worthy treats

Two-Bite Pistachio Chocolate Chip Cakes

Recipe by Hallie of Daily Bites (www.hallieklecker.com)

From Hallie: "In this recipe the actual cake batter is sweetened only subtly with a bit of honey. The real burst of sweetness comes from the chocolate. If you prefer a sweeter sweet, feel free to try bumping up the honey to your liking."

Ingredients:

- 1/2 cup raw shelled pistachios, chopped
- 1 cup blanched almond flour
- 1/4 cup millet flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 cup coconut oil, melted, plus extra for greasing the pan
- 1/4 cup honey
- 2 eggs
- 1/3 cup semi-sweet chocolate chips

Preheat oven to 350ºF. Grease 16 cups of a mini muffin tin with coconut oil and set aside.

In a food processor fitted with the S-blade, grind 1/4 cup pistachios to a fine powder (you can also do this in a spice / coffee grinder). Transfer to a large mixing bowl. Add almond flour, millet flour, baking soda and salt. Whisk to combine. Separately whisk together coconut oil, honey and eggs in a small bowl. Add the wet ingredients to the dry and mix well. Fold in remaining 1/4 cup chopped pistachios and chocolate chips.

Spoon the batter into the prepared muffin tin. Bake cakes for 15-18 minutes until deeply golden brown. Cool completely before removing from pan. For easy removal, run a sharp knife around the edges of each cake and gently lift out of pan. Store the muffins at room temperature in an airtight container for up to 3 days.

Makes 16 mini cakes

Berry Chocolaty Cupcake Muffins

Recipe by Hannah of Bittersweet (http://bittersweetblog.wordpress.com) and author of My Sweet Vegan

Hannah uses an interesting combo of red currants and her favorite raspberries in these muffiny cakes, but you can use any combination of berries that you like. If fresh berries aren't available, frozen will work great, too! You may even want to experiment with dried berries.

From Hannah: "Although they may be a bit too sweet for breakfast, I find that these can be a wonderful snack, or a slightly healthier choice over a full fledged, frosted cupcake. Whenever you decide to eat one though, you'll be glad that you did!"

Ingredients

- 1 cup orange juice
- 1/2 cup oil (your baking oil of choice)
- 1/2 cup dark brown sugar, packed
- 1/2 teaspoon salt
- 2 cups light spelt flour (or whole wheat pastry flour)
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 cup Dutch processed cocoa powder
- 1/4 teaspoon ground cinnamon (optional)
- 1/2 cup rolled oats (can sub quick oats, but not instant)
- 1/2 cup fresh red currants
- 1/2 cup raspberries
- 1/2 cup semi-sweet chocolate chunks or chips

Preheat your oven to 350ºF and lightly grease 12 muffin cups.

To assemble these muffins, start by combining the orange juice, oil, brown sugar, and salt together in a large bowl. In a separate bowl, sift together the spelt flour, baking powder and soda, cocoa, and cinnamon. Stir in the oats. Throw all of your berries and chocolate chunks into the dry mixture, and toss gently to coat. Pour the wet ingredients into the bowl of dry, and stir carefully so as not to break up the berries. Once just combined, spoon the batter into your prepared muffin cups, filling them up about 3/4 of the way to the top. It might seem like a lot of batter, but trust me, it will all fit into those 12 cups!

Bake for 18 22 minutes until a toothp ck inserted into the center comes out clean Let rest in the pans for 10 minutes before turning the muffins out and cooling them completely on a wire rack

Makes 12 muffin-cakes

Banana Carob Snack Cake

Recipe by Amy of Simply Sugar & Gluten-Free (www.simplysugarandglutenfree.com)

From Amy "I taught elementary school for many years and school lunches were always a sore spot for me I watched kids eat pizza tater tots and cookies for lunch And when they couldn't concentrate in math class I knew exactly why So why the snack cake and not a bowl of fru t? Let's face it kids love dessert So do adults– Deprivation doesn t work. But what about a healthier snack filled with the nutr ents of bananas slightly sweet, eats like a snack bar and can be whipped up in 10 m nutes? That's what this moist Banana Carob Snack Cake is all about It reminds me of a cake my mom used to make for us when we were kids – she'd pack it for our camping trips. I love the big chunks left from fork mashing the banana and the way it pairs with the carob "

Ingredients

- 1 1/2 cups fork mashed r pe banana (about 3 medium to large bananas)
- 1/3 cup palm / coconut sugar [can sub evaporated cane juice / sucanat]
- 1/4 cup canola or grapeseed oil
- 1/4 cup 1% milk [see dairy-free option in note below]
- 2 large eggs
- 1 tablespoon vanilla extract
- 1 3/4 cups sorghum garfava flour blend (see below)
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/2 teaspoon xanthan gum
- 1/4 teaspoon kosher salt
- 3/4 cup unsweetened carob chips

Preheat oven to 350ºF Lightly spray a 9×13 inch baking dish with cooking spray

In a medium mixing bowl whisk together mashed banana sugar oil milk, eggs and vanilla extract. In a seperate bowl whisk together the flour blend baking soda cinnamon xanthan gum and salt Dump dry ingredients onto wet ingredients and mix until combined Stir in carob chips

Pour batter into the prepared pan Bake for 15-18 minutes until snack cake is firm and a toothpick tests clean. Let cool completely in baking pan on a wire rack before slicing Freeze ind vidual pieces for an easy snack for lunches, enjoy with a cup of afternoon tea or serve as a breakfast cake

Alise s Dairy-Free Note
You can sub your favorite unsweetened plain or vanilla m lk alternat ve for the milk in this recipe The type doesn t matter too much (rice soy hemp almond etc) in this recipe

Sorghum Garfava Blend

From Amy "Th s blend isn t beany at all once it s baked It's become a favorite ol m ne because it works as a one to one substitution n nearly everything I ve tried it in I keep a big container mixed up and store it in the refrigerator "

Ingredients

- 1 cup sorghum flour
- 1 cup garbanzo fava bean flour
- 1/2 cup potato starch
- 1/3 cup tap oca starch

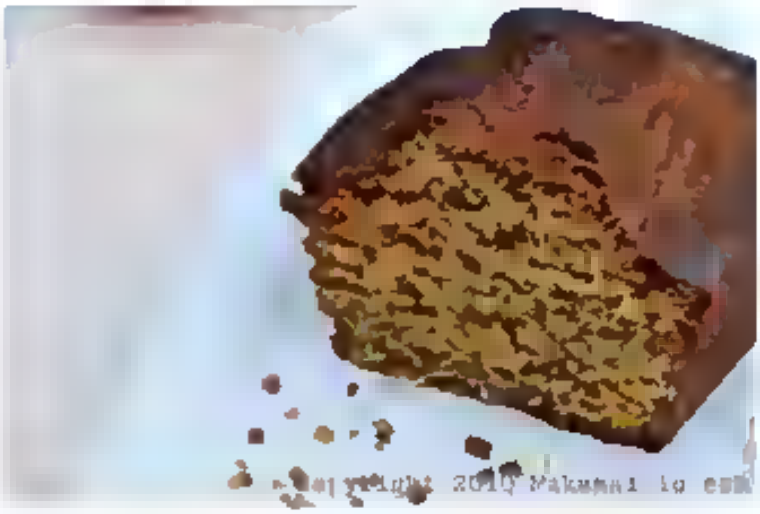
Mix well store in an airtight container in the refrigerator

Garbanzo Garfava Variation
Substitute garbanzo bean flour for sorghum flour

Makes 20 2-inch snack cakes

Lemon and Orange "Quatre Quarts"(a traditional French cake)

Recipe Flo of Makanai (www.makanaiblog.com)



This amazing woman translated e rec pe from her French blog just for this ebook! Not only does she reduce the fats used in this traditional cake she also made the switch to whole grain flours

From Flo "I thought this lemon and orange "4/4" cake could meet the challenge t's dairy free (Flo's family is dairy free – n France no less!) eesy and i s my version of a classical French cake r her every kid/home cook here in France knows (one can buy quatre quarts in every supermerket) Ir s called a 4/4 (quatre quarts in French) because the rreditional recipe is 1 part eggs + 1 pert sugar + 1 part flour + 1 part butter One shell weigh the eggs and then add the same weight in sugar then butter then flour Instead of the butter I use e mix of neutral olive o l and almond butter In the recipe I posted I opted for 50% oil and 50% almond butter but 60% olive oil and 40% almond butter works pretty well too "

Ingredients

- 3 eggs (approximately 6 ounces or 180 grams)
- 6 ounces (180g) sugar
- 3 ounces (90g) neutral olive (or canola) oil
- 3 ounces (90g) almond butter (can sub cashew butter or sunflower seed butter)
- optional 1 teaspoon vanilla extract
- the zest of an organic gently washed orange
- the zest of en organ c gently washed lemon or lime or grapefruit
- 6 ounces (180g) flour (Flo especially likes spelt or einkorn flours for this cake but all purpose wheat flour works well too)
- 2 teaspoon baking powder

Preheat the oven to 400°F and lightly grease a 9x5 inch bread pan

In a medium sized bowl mix eggs and sugar with an electric mixer until peled and fluffy (it s essential to have a light textured cake that ll then melt in your mouth!) Add the olive oil almond butter vanilla extract (if using) and citrus zests and mix again thoroughly

In a small howl mix the flour and baking powder then add to the previous wet batter and mix on medium speed just to combine Transfer the batter to the prepared pan and bake for 15 minutes then slash the whole length of

the cake in the m ddle with a kn fe decrease the oven temperature to 350 F and bake about 30 more minutes or unt l a toothpick inserted in the center of the cake comes out clean Th s cake is even better on the second day

Alternatives

- Bake the cake batter in a 12-cup greased muff n pan (perfect for k ds) 15 m nutes at 375°F + 10-15 minutes at 340°F
- Flo s kids love it when she adds chocolate chips or dried fruit to the batter instead of citrus zest
- For a gluten free version of the cake substitute your favorite gluten free flour mix for the wheat or spelt flour and add 1/2 teaspoon baking powder

Makes 1 loaf cake or 12 muffins

Pancake Tacos

Recipe by Marianne of French Fries to Flaxseeds (http://frenchfriestoflaxseeds.wordpress.com)

From Marianne "Have some leftover pancakes from breakfast? Here's a fun way to turn them into a lunch time snack with a little of your favorite nut or seed butter."

Ingredients

- 2 leftover pancakes
- 1 to 2 tablespoons of your favorite nut or seed butter

Spread one side of each pancake with half of the nut butter. Fold in half so they look like tacos. Enjoy your little handheld snack.

Makes 1 to 2 snacks

Fruit Kabobs

Recipe by Lindsay of Cotter Crunch (http://cottercrunch.blogspot.com)

Ingredients

- 1/3 cup red seedless grapes
- 1/3 cup green seedless grapes
- 1 apple
- 1 banana
- 2/3 cup pineapple chunks
- 1 cup nonfat yogurt
- 1/4 cup dried coconut, shredded (sweetened or unsweetened)

Prepare the fruit by washing the grapes, washing the apples and cutting them into small squares, peeling the bananas and cutting them into chunks, and cutting the pineapple into chunks if it's fresh. Put the fruit onto a large plate. Spread coconut onto another large plate. Slide pieces of fruit onto the skewer and design your own kabob by putting as much or as little of whatever fruit you want. Do this until the stick is almost covered from end to end.

Hold your kabob at the ends and roll it in the yogurt, so the fruit gets covered. Then roll it in the coconut. Repeat these steps with another skewer.

Alisa's Dairy Free Note
Feel free to substitute your child's favorite non-dairy yogurt for the nonfat yogurt. You can choose from store-bought options, such as coconut milk based yogurt or soy yogurt, make your own, or whip up one of the yogurt alternatives in this ebook.

Makes 4 servings

Frozen Blueberries in Milk

Recipe by Marianne of French Fries to Flaxseeds (http://frenchfriestoflaxseeds.wordpress.com)

From Marianne: "Mom used to send us to school with this simple snack. I can barely even call it a recipe, as it only has two ingredients. But it was always a treat to find it in our lunch bags!"

Ingredients

- 1/2 to 2/3 cup frozen blueberries
- 1/2 to 2/3 cup milk (dairy or non-dairy milk alternative of choice)
- sweetener to taste, if desired

Combine equal parts of frozen blueberries and milk or milk alternative in a small thermos container. Add a little sweetener, if desired. The milk will be slushy around the berries by the time it's eaten at lunch.

Makes 1 serving

Coconut Water Freezer Pops

(After School Snack Only – must be served chilled)

Recipe by Jennifer Fugo of Evolving Well (www.evolvingwell.com)

As a Certified Health Coach and Yoga Teacher, Jennifer gets lots of food ideas from her clients...

From Jennifer: "I've got a great, easy dessert that kids love. I know because my clients who've got kids have been able to get them to eat these dairy free popsicles with no added sugars and they take minutes to make."

Ingredients

- 1 cup coconut water
- 1 banana
- 1 cup strawberries, hulled

Combine ingredients in a blender and puree until smooth (or to your desired consistency). Pour into freezer molds and place in a level area of your freezer until solid. To remove the popsicles, run your mold under hot tap water until the seal of the frozen liquid releases and you can easy pull each pop out. (If you don't do this, you will pull the handle out without the pop and then you've got problems.)

Flavor Note

You can blend in other fruits and also try the various flavors of coconut water out there.

Makes approximately 6 pops, depending on the size of your molds

Craving Cookies

[illegible] give them their own chapter. The [illegible] and [illegible] make up a batch at the beginning of the [illegible] you [illegible] of these [illegible] lunchboxes throughout the week. I like to prepare big batches of the dough, roll it [illegible] balls, and [illegible] balls in baggies. This way I can grab six cookies or so and bake them fresh whenever sweets cravings strike.

Trail Mix Cookies

Sunflower Seed Butter Cookies with Sunflower "Chips"

Flourless Banana Nut Cookies

Chocolate Chip Breakfast Cookies

Maple Nut Oaties

Oat Bran Raisin Cookies

Unrefined Oatmeal Cookies

Quinoa Date Squares

VeggieGirl's Fig Blondies

Skinny Figgy Bars

Trail-Mix Cookies

Recipe by Andrea of Bakery Manis (http://bakerymanis.wordpress.com)

From Andrea: "This is adapted from some cookbook of years past, but it is one of my favorite and most simple recipes to bake up, using only one bowl and mixing with your hands makes it fun, and the flavors are totally interchangeable. These cookies are hearty and decadent at the same time."

Ingredients

- 1 cup flour (whole wheat or spelt works)
- 1 cup quick oats (not instant)
- 1 cup shredded coconut (sweetened or unsweetened – your choice)
- 3/4 cup packed brown sugar (or less if you like)
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon spices (optional: maybe cinnamon, nutmeg, ground cardamom, allspice, etc.)
- 1/2 cup unsalted butter or dairy free margarine (such as Earth Balance), softened
- 2 tablespoons ground flax seed mixed with 2 tablespoons water
- 1 cup (total) of mix-ins (see note)

Preheat your oven to 350°F

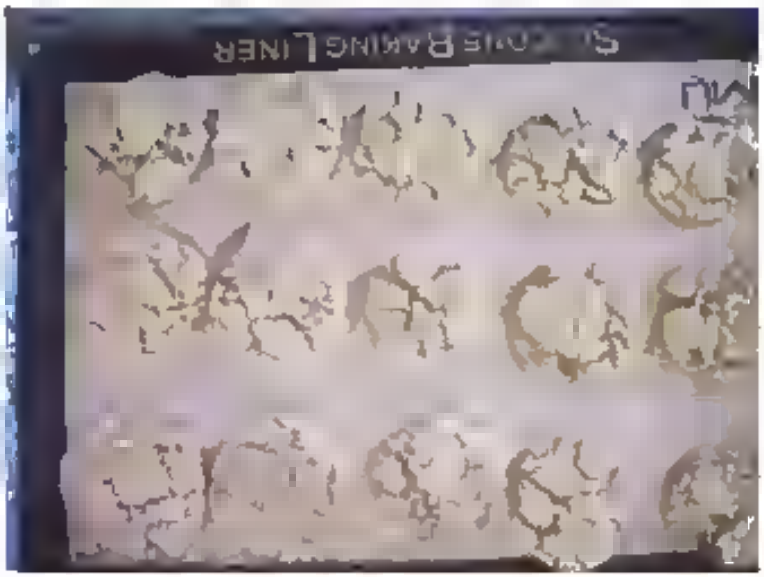
Mix all dry ingredients together in a bowl, and then add the butter and flax + water. If the mix is too dry you can add more water, but you want the batter to be just sticky, but not too mushy. When the batter is mostly cohesive, use your hands to make ping-pong sized balls, and then flatten onto the cookie sheet. Bake for 15 minutes, or until golden brown.

For the Mix-ins:
Andrea's favorite combo is chocolate chips and almonds, but she has also successfully used goji berries, sunflower seeds, dried cherries, pumpkin seeds, raisins, and other nuts. Really, any combination will work, just keep the total to 1 cup, otherwise the batter will fall apart.

Makes about 24 cookies

Sunflower Seed Butter Cookies with Sunflower "Chips"

Recipe by Emilee of No Whey Baby (http://www.nowheybaby.blogspot.com)



These cookies are definitely a "treat," But Emilee has swapped in some healthier ingredients and made these cookies truly nut free, perfect for school food allergy policies.

Ingredients

- 2 1/2 tablespoons ground flax seed
- 3 tablespoons boiling water
- 1 cup all-purpose flour
- 1 cup white whole wheat flour [can sub whole wheat pastry flour]
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 cup dairy free margarine (such as Earth Balance)
- 2/3 cup sunflower seed butter
- 3/4 cup granulated sugar
- 3/4 cup brown sugar
- 1/4 cup mashed banana
- 1 1/2 teaspoons vanilla
- 4 ounces sunflower seed chips (optional see recipe below)
- 1/2 cup granulated sugar (for coating)

Preheat oven to 375ºF and line a cookie sheet with parchment or a silicone baking mat

In a small bowl mix together the ground flax seed and boiling water to soften while you prepare remaining ingredients In medium bowl combine the flours baking soda and baking powder Set aside.

In bowl of standing mixer beat margarine and sunflower seed butter until combined add sugar and brown sugar and beat until creamy Add mashed banana vanilla and flax mixture and beat at medium speed until smooth Pour in flour mixture and beat on low speed until well mixed. If using sunflower seed chips stir in gently by hand.

Shape dough into 1" balls and roll in granulated sugar. Place on prepared cookie sheet about 2" inches apart and flatten slightly. Bake about 10 minutes until edges are beginning to brown and centers are set but still soft. Cool 5 minutes on sheet, remove to wire racks to cool completely.

Sunflower Seed Chips

Ingredients

- 2 tablespoons non-hydrogenated shortening [can sub coconut oil or food-grade cocoa butter]
- 1/4 cup sunflower seed butter
- 1/4 teaspoon vanilla extract
- 6 tablespoons powdered sugar

In small saucepan combine the shortening, sunflower seed butter, and vanilla. Stir over low heat until melted & smooth. Off the heat, whisk in powdered sugar until very smooth. Pour into silicone candy molds and freeze until firm, about 1 hour. Chop coarsely immediately before stirring into dough.

Makes about 3 1/2 dozen cookies

Flourless Banana-Nut Cookies

Recipe by Hollie of Daily Bites (www.hollieklecker.com)

Quinoa flakes can be found in natural food stores, online, or in the bulk bins. If you can't find them, and don't have a problem with oats, feel free to sub in rolled or quick oats in an equal amount.

From Hallie: "This is the best whole food cookie I've made. It even won rave reviews from my dad, a guy with a sweet tooth as big as they come. The cookies are bite-sized, about 1 1/2 inches in diameter. If you're into big cookies, you could certainly double the batch to make the cookies larger."

Ingredients

- 2 bananas, mashed well
- 2 tablespoons coconut oil, melted
- 1/2 teaspoon vanilla extract
- 1 cup quinoa flakes
- 1/3 cup almond meal/flour
- 1/3 cup walnuts, chopped
- 1/2 teaspoon sea salt
- 1/2 teaspoon baking powder
- 1/2 teaspoon ground cinnamon

Preheat oven to 350°F. Line a baking sheet with parchment paper. Set aside.

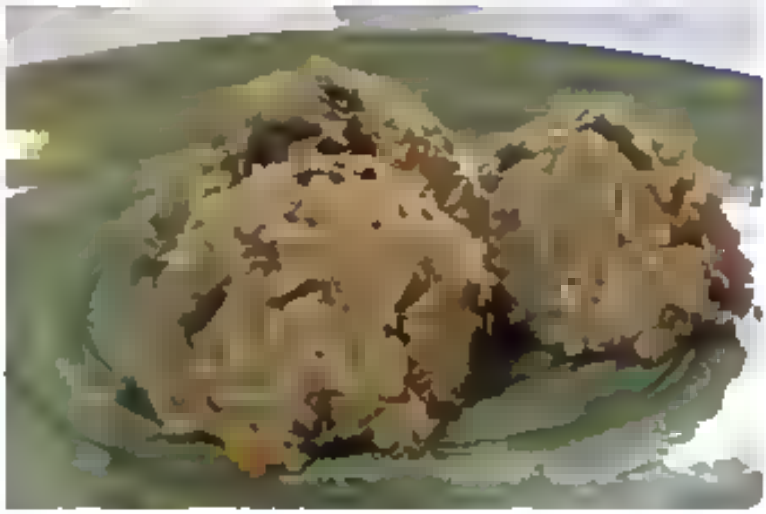
Combine mashed bananas with coconut oil. In a large mixing bowl, separately combine the remaining ingredients. Stir in the banana mixture until a dough forms. Form dough into balls about 1 1/2 inches in diameter and arrange on cookie sheet. Flatten the balls to about 1/3 1/2-inch thickness with the bottom of a glass or using the tines of a fork.

Bake cookies for 8-10 minutes, or until lightly browned and firm to the touch. Cool completely on wire rack. Refrigerate cookies for up to 3 days.

Makes 12-15 small cookies

Chocolate Chip Breakfast Cookies

Recipe by Deanna of The Mommy Bowl (www.themommybowl.com)



This is Deanna's idea of a "healthy" breakfast cookie. And true to form, these are much lower in sugar and fat than your average breakfast in a package. She does note though that these cookies are just barely sweet. If you are dealing with taste buds that require a little more of the sweet stuff, feel free to add a couple tablespoons of brown sugar, coconut sugar, evaporated cane juice or perhaps just a wee bit of stevia to taste. Fortunately, since the dough is egg free, you can taste test and adjust to your liking! Also keep in mind that the ripeness of your bananas will definitely affect how sweet these cookies are. Make them good and ripe!

Ingredients

- 3 cups rolled or quick oats
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 tablespoons maple syrup
- 2 tablespoons walnut oil (can sub olive oil or baking oil of your choice)
- 1/2 cup rice milk or almond milk
- 2 teaspoon vanilla extract
- 1/2 cup sorghum flour
- 2 very ripe (we're talking black) bananas
- heaping 1/2 cup chocolate chips

Combine all ingredients except bananas and chocolate chips in the bowl of a food processor and let rest for 30 minutes

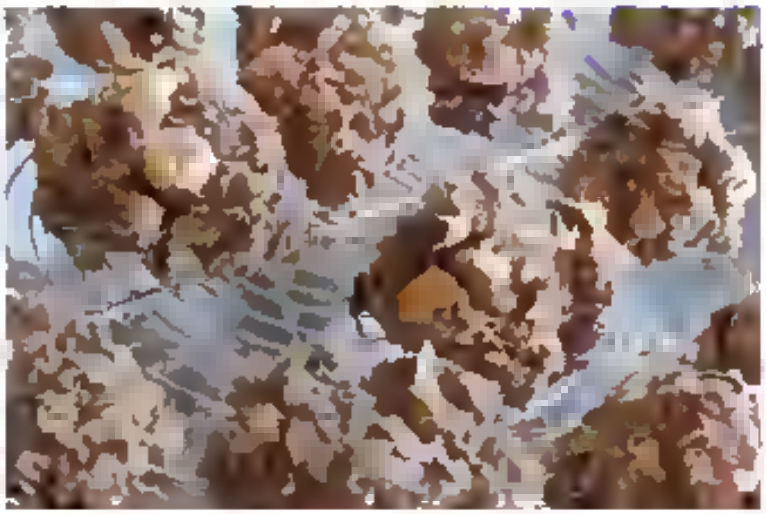
Preheat oven to 300°F

Add bananas to food processor and pulse until a dough forms. Stir in the chocolate chips (You may want to dump the dough into a bowl first). The dough will be somewhat wet, depending on how ripe your bananas are. Use a cookie scoop or rounded tablespoon to drop dough onto greased or parchment-lined baking sheet. These cookies don't really spread, so they can be somewhat close together. Bake for approximately 15 minutes. Over baking these leads to tough cookies, so be careful

Makes a couple dozen cookies

Maple Nut Oaties

Recipe by Heather of Heather Eats Almond Butter (www.heatheratsalmondbutter.com)



These gems have become near legendary in the healthy food e blogosphere rece ving rave rev ews from k ds and adults alike

Ingredients

- 1 cup toasted rolled oats (Heather just toasts them in the toaster oven set on 350°F for a few minutes Watch them as they burn easily)
- 1/2 cup nut or seed butter
- 1/2 cup maple syrup or agave nectar
- 1/2 cup unsweetened shredded coconut
- 1/2 cup chopped nuts (can substitute seeds for "nut free")
- 1/2 cup chocolate/caroh ch ps or dried fruit (One really good combo is cashew butter with dried p neapple)
- 1 teaspoon vanrila extract
- 1 teaspoon ground cinnamon
- 1/4 to 1/2 teaspoon salt (omit f using salted nut butter)

Preheat oven to 325ºF

Combine all ingredients and refrigerate for 15 minutes Scoop cookie dough by the tablespoonful (a melon ball scooper works well) onto a parchment lined or greased cookie sheet Bake 10-12 minutes
Let cool for a minute or so and then just pick them up and form into balls before placing on the cooling rack

Makes about 2 dozen

Spiced Oat-Bean Raisin Cookies

Recipe by Teresa of Teresa's Tips Weblog (http://teresastips.wordpress.com)

From Teresa: "In my quest to find soy-free vegan desserts, I have successfully adapted my oatmeal raisin cookie recipe to make it Beck safe (Teresa's son). As a bonus, it is now healthier, too."

Ingredients

- 1-3/4 cups all-purpose or whole wheat pastry flour (can sub your favorite gluten free flour blend if desired)
- 3/4 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1/2 cup trans fat free shortening (Teresa uses Spectrum organic palm oil or coconut oil, you can use butter or dairy free margarine if desired)
- 1 cup pureed white beans (such as navy or cannellini – canned or homemade)
- 1 1/2 cups packed brown sugar
- 1/4 cup granulated sugar
- 1 tablespoon vanilla extract
- 2 cups raisins
- 3-1/2 cups old fashioned rolled oats

Position oven rack in the top third of the oven and preheat to 350°F. Prepare cookie sheets with parchment paper, silicon mats, or a thin layer of oil/shortening.

Mix the dry ingredients (flour through cloves) together in a bowl. In a mixing bowl, combine the wet ingredients (shortening through vanilla) until smooth. Stir in the flour mixture until well combined. Fold in the raisins and oats.

Drop by the spoonful onto the cookie sheets and lightly press them down to flatten a bit. Bake one sheet at a time for about 8 or 9 minutes. Rotate the rack halfway through the cooking time to help them brown evenly. They will not get as brown as full fat cookies will, but you can tell they are done when they get almost firm to the touch. Because there is no egg you don't have to worry too much about under cooking. Put the cookie sheet on a cooling rack and allow to sit for a few minutes to firm up while you put the next batch in the oven. Then remove the cookies from the sheet and cool on the rack. Now try to only eat one.

This makes a very big batch. If we don't plan on eating them all right away, I scoop out the dough onto a cookie sheet, freeze it until solid, and then put the dough balls in a Ziploc bag in the freezer to cook later.

Makes about 4 dozen 3 inch cookies

Unrefined Oatmeal Cookies

Recipe by Lindsay of Cotter Crunch (http://cottercrunch.blogspot.com)

These cookies reportedly "taste like German chocolate cake if you use grain-sweetened chocolate chips."

Ingredients

- 1/4 cup ground flax seed
- 1 cup water
- 1/2 cup cooking oil (olive, coconut, grapeseed, or your baking oil of choice)
- 1/4 cup honey or agave nectar
- 3/4 cup sucanat (evaporated cane juice), coconut/palm sugar, or turbinado
- 1 teaspoon vanilla extract
- 2 cups wheat pastry flour
- 1 1/2 cups rolled oats
- 1/2 teaspoon sea salt
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1 cup raisins, carob chips or grain sweetened chocolate chips/or nuts

Preheat your oven to 350°F

In a large bowl, mix the flax seed and water. Add the oil, honey or agave, sugar, and vanilla, mixing well to combine. In a separate bowl, stir together the flour, oats, salt, baking soda, baking powder, and cinnamon. Add the dry ingredients to the wet, and stir until everything is combined. Fold in raisins, carob chips, chocolate chips and/or nuts. Drop the dough by the heaping tablespoonful onto cookie sheets, and bake for 8-12 minutes.

Makes a boatload of cookies

Quinoa Date Squares

Recipe by Maggie of She Let Them Eat Cake (www.sheletthemeatcake.com)

These babies are for date square fans only but as a special bonus they are gluten free and vegan and according to Maggie they "have a great crumble"

From Maggie: "These gluten free and dairy free date squares make a great breakfast, or a powerful snack"

Ingredients:

- 1 cup water
- 1 small apple chopped
- 2-1/4 cups pitted medjool dates
- juice of 1/2 a lemon (2 tablespoons lemon juice)
- 1/2 cup melted coconut oil
- 1/2 cup maple syrup
- 1/2 cup almond flour (can sub more sorghum flour or brown rice flour)
- 1/4 cup sorghum flour (can sub brown rice flour)
- 1/2 cup quinoa flour
- 1/4 cup tapioca starch
- 1 teaspoon sea salt
- 2-1/2 cup quinoa flakes (can sub rolled or quick oats if desired)

Preheat the oven to 400°F and grease an 8x8-inch pan

Bring 1 cup of water to a boil and simmer chopped apples until almost soft Add dates and simmer another 5-10 minutes until soft Add lemon juice and blend with an immersion blender

In a small bowl combine the coconut oil and maple syrup Combine flours starch and sea salt in a large bowl. Add quinoa flakes and stir to combine Add wet ingredients to the dry ingredients Press 2/3 of the date square crumble dough into the bottom of the greased 8x8 pan Spread with the date mixture and then add the remaining crumble dough Bake for 35-40 minutes Let cool on a wire rack and enjoy

Makes 9 squares

VeggieGirl's Fig Blondies

Recipe by Liz of VeggieGirl (http://veggiegirlvegan.blogspot.com)

Sometimes a true treat is in order, and I couldn't think of a better one to include than VeggieGirl's blondies. They are well known and often adapted to create various flavors, but the fig ones are still the most popular. For those parents who are concerned about calcium, the regular or vegan yogurt, blackstrap molasses, and figs all add a little to the mix. These aren't low in sugar, but are lower in fat and sugar than your average blondie or bar.

From Liz: "Each of the desserts that I made for my annual Christmas Eve celebration were completely devoured by everyone in my family, by the end of the night, and the plate of Fig Almond Blondies was the first to be completely wiped clean!"

Ingredients

- 6 ounces plain or vanilla vegan "yogurt" (Liz uses So Delicious Coconut Milk Yogurt—it's soy free!)
- 1/4 cup canola oil (can sub the baking oil of your choice)
- 1 cup sugar (Liz uses organic turbinado sugar)
- 2 teaspoons pure vanilla extract
- 2 teaspoons molasses (blackstrap or regular)
- 1-1/4 cups gluten-free, whole wheat pastry, or all-purpose flour (Liz uses Bob's Red Mill Gluten-Free Flour Blend)
- 3/4 teaspoon baking soda
- 1 cup almonds, finely-sliced/slivered or chopped walnuts (omit for nut-free)
- 10 dried black mission figs, finely chopped
- Nondairy "milk" of choice, added to the batter as needed (Liz uses Living Harvest hemp milk)

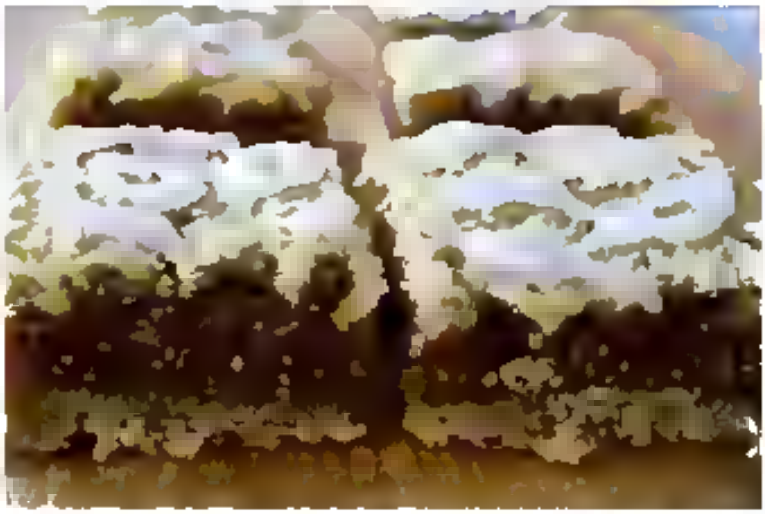
Preheat oven to 350°F. Lightly coat an 8x8-inch baking pan with nonstick cooking spray.

In a large bowl, add in the yogurt, oil, sugar, vanilla, and molasses. Mix well. In the same bowl, add in the flour, baking soda, nuts, and chopped dried figs. As the mixture starts to thicken up/combine, add as much nondairy "milk" as you need (but not too much) so that the batter is mixable. Pour mixture into the prepared baking pan and bake for about 32-35 minutes, or until a toothpick inserted in the center of the blondies comes out clean.

Makes 16 blondies

Skinny Figgy Bars

Recipe by Susan of Fat Free Vegan (http://blog.fatfreevegan.com)



To appease cravings without the over-indulgence, Susan created a low fat, veganized interpretation of the fig filled cookies her husband's grandmother always made for Christmas. These are wonderful for a packable snack or treat any time of year.

From Susan: "I revamped my recipe so that the oil is gone, the refined flour is history, and the sugar is ... well, the sugar is reduced. It's gotta have something in it besides figs, you know! You will be amazed at how good these are. They're low in everything, except flavor."

Fig Filling

- 8 ounces dried figs
- 4 ounces pitted dates
- 2 tablespoons slivered or chopped almonds (optional)
- 2 drops anise extract (optional)
- 1 tablespoon agave nectar (or other liquid sweetener)
- 2 tablespoons water
- 1 tablespoon lemon juice
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground ginger

Snip off the figs' stems, and put the figs, dates, and almonds into the food processor. Grind to a coarse paste. Stir in the remaining filling ingredients and process until mixed. Set aside.

Crust:

- 1 cup regular or quick oats, ground in blender or spice grinder until fine
- 1 cup regular or quick oats, uncooked (not instant oatmeal)
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 4 ounces unsweetened applesauce
- 3 tablespoons agave nectar (or other liquid sweetener)
- 1/4 cup water

Preheat oven to 375°F

Combine the dry ingredients in a mixing bowl (oats through salt). Stir in the wet ingredients (applesauce through water) mix well to a thick consistency. Press half the crust mixture into the bottom of an oiled 8 inch square cake pan (use a wooden spoon or your hands). Spread the fig mixture evenly over the crust. Smooth the remaining crust mixture over the filling. Bake the bars for about 30 minutes, or until lightly browned. Allow to cool completely before cutting into bars

Icing (optional)
Mix powdered sugar (about 3 tablespoons) with a little water (start with 1/2 teaspoon) until the right consistency. Add vanilla or almond extract to taste (just drops). Drizzle over top of bars before cutting

Makes 16 bars

Essential Extras

[illegible] last minute recipes that you [illegible] de in advance but the bread a d bu [illegible] to bake a whole lo [illegible] double batch of buns. Leftovers can [illegible] e ground in a f [illegible] sp [illegible] grinder to give you crumbs for using in recipes

Speedy Wheat Hamburger Buns

Bread Machine Whole Wheat Oat Bread

Grain Free Banana & Walnut Bread

Buckwheat Quinoa Sandwich Bread

Rosemary Crackers

Microwave Potato Chips

Tofu Cottage Cheese

Mom on the Run s Simple Homemade Applesauce

Speedy Wheat Hamburger Buns

Recipe by Alisa Fleming of One Frugal Foodie (www.onefrugalfoodie.com) and author of Go Dairy Free

This has been a very popular rec pe on my blog, so I ve received qu te a b t of feedback on what substitutions work well (notes are included). It is a very qu ck yeast bread recipe. Free from preservatives or funny ingredients and easy to whip up for a week of lunchbox burgers and sandwiches.

Ingredients:

- 2 tablespoons active dry yeast
- 1 cup warm water, plus additional as needed
- 1/3 cup olive oil (or your baking oil of choice)
- 1/4 cup sugar (your choice, both liquid and granular sweeteners work well)
- 1 egg (Ener g egg replacer works best as a substitute if you need egg free)
- 1 teaspoon salt
- 2 cups all-purpose or white bread flour
- 1 1/2 to 1 3/4 cups whole wheat flour

In a large bowl, dissolve the yeast in the warm water. Stir in the oil and sweetener, and let the mixture stand for 5 minutes.

Add the egg (or egg replacer), salt, white flour, and 1 1/2 cups of the wheat flour, combining until it forms a soft dough. Add the additional 1/4 cup of wheat flour as needed to prevent the dough from sticking to your hands (if you need a little more that is okay). If the dough gets too dry, add a little more warm water, 1 tablespoon at a time. Knead the dough until it is smooth and elastic, about 5 minutes or so.

Divide the dough into 8 pieces, shape each into a thick disc (I usually go for a 4-inch diameter, which seems to fit most burgers), and place them on baking sheets about 3 inches apart. If you want slider s zed buns, divide the 8 pieces in half for 16 mini buns. Preheat your oven to 425°F. Lightly cover the balls of dough and let them rest for about 10 minutes (or longer if you wish, they will rise more the longer they rest).

Pop them in the oven and bake for about 10-12 minutes, or until nicely browned. Cool on a wire rack.

Yields 8 full size buns or 16 slider buns

Bread Machine Whole Wheat Oat Bread

Recipe by Meredyth of Mission Vegan (www.missionvegan.com)

All natural bread (without dough conditioners, preservatives, etc.) can be quite spendy, so why not make your own?

From Meredyth: "I'm very happy to announce that I have perfected my bread recipe with the addition of some flax seeds and by using whole wheat flour in place of some of the all-purpose. Definitely more healthy and I have to say, it was the best loaf I've ever made."

Ingredients

- 1-1/4 cups water
- 2 tablespoons butter, dairy free margarine, or your favorite baking oil
- 1 teaspoon salt
- 1 cup all-purpose flour
- 2 cups whole wheat flour
- 1/2 cup rolled oats
- 1/4 cup vital wheat gluten*
- 2 tablespoons brown sugar, maple syrup, or agave nectar
- 1-1/2 teaspoons active dry yeast
- 2 tablespoons flax seeds

Put ingredients into bread machine in the order suggested by the manufacturer. Use medium setting.

* In lieu of adding vital wheat gluten, you could use white bread flour in place of the all-purpose and whole wheat bread flour in place of the whole wheat flour. Adding 1 tablespoon of vital wheat gluten for every cup of flour used is a do-it yourself way of making bread flour.

Makes 1 loaf

Grain-Free Banana & Walnut Bread

Recipe by Naomi of Straight Into Bed Cakefree and Dried (http://milkforthemorningcake.blogspot.com)

From Naomi: "Enjoy your banana bread simply with some butter or a slick of nut butter, or toast a piece and slather on honey or some 100% fruit marmalade. If you want to use it for sandwiches then think about something that will work with sweet tasting bread: cream cheese and walnuts would be delicious — just remember there's no sugar in this loaf, not a hint, so it's ok to enjoy it at any time of day."

Ingredients:

- 2 large extremely ripe bananas
- 4 large free range eggs
- 50ml canola oil (organic or non GMO) (can sub your baking oil of choice)
- juice of half a lemon
- pinch salt
- 1/2 teaspoon baking soda
- 6 ounces ground almonds
- 2 ounces chopped walnuts

Preheat the oven to 325ºF (160ºC) fan assisted, 350ºF (175ºC) without fan and line a 9-inch square deep sided tin. If you don't have that size of tin then use something approximate, round even.

In a food processor (or using a hand held electric whisk) whizz together the bananas, eggs, oil, lemon juice and salt (mash bananas first if using whisk). When everything is smooth and frothy sprinkle over baking soda and whizz again for a bit to mix it in thoroughly. Then tip in all the almonds and blend to incorporate. Pour immediately into the waiting tin and scrape every last bit out. Sprinkle the chopped walnuts over the surface of the mixture, and bake for 30-40 minutes or until golden brown on top and a cake skewer comes out clean.

Cool for 10 minutes and then remove from the tin using the paper to help you. Leave the paper attached until completely cool and then carefully peel off, using a knife to help separate crust from paper. Slice the square in half before cutting slices off to make two loaf shaped pieces. The bread will keep for up to three days in an airtight box in a cool place, but don't let it get warm or the fruit sugars will attract mould. Alternatively, slice and flash freeze before storing in an airtight box in the freezer for up to a month.

Makes 1 square loaf or 2 9-inch loaves

Buckwheat Quinoa Sandwich Bread

Recipe by Maggie of She Let Them Eat Cake (www.sheletthemeatcake.com)

From Maggie: "This makes great sandwich bread and doesn't taste at all like the frozen gluten-free cardboard bread you're used to eating. The result was delightful and very wheat-y, if you will. It is a dense bread, a little more weighty than other bread recipes. It doesn't rise quite as much, but it has depth and a glorious flavor!"

Ingredients:

- 1 1/4 cups warm water (100-115°F)
- 2-1/4 teaspoons active dry yeast (1 packet)
- 5 tablespoons ground flax
- water (see recipe)
- 3 tablespoons sunflower oil (any vegetable oil should do)
- 5 tablespoons real maple syrup, agave nectar, or honey
- 1 cup buckwheat flour
- 1/2 cup quinoa flour
- 2/3 cup potato starch
- 1 cup tapioca starch
- 1/4 cup almond meal
- 1 tablespoon xanthan gum/guar gum
- 1 teaspoon baking soda
- 1 1/2 teaspoon sea salt

Heat the water and pour it into your mixing bowl. Add the yeast and allow it to proof for 5 minutes. You will see it puff up. It's reassuring to see that poof. If you don't see it, start over. Add the ground flax to a liquid measuring cup. Add water to equal 3/4 cup of a flax-water mixture. Stir and let sit while the yeast is proofing.

When the yeast and water mixture has proofed, add the oil, sweetener, and the flax mixture. In a medium-sized bowl, thoroughly combine the dry ingredients (you can do this while the yeast is proofing). Add the dry ingredients to the wet ingredients and combine. Mix on medium speed for 5 minutes, stopping once or twice to scrape down the sides. If you don't have a KitchenAid or another type of mixer, you may need to stir (by hand) for at least 10 minutes.

At 5 minutes in your m xer you will have a fa rly wet batter— not your typ cal bread dough Remember it s gluten-free bread we re working wth here Scrape the batter into two bread pans (8 x 4 inch) Let the loaves s t covered for 1 hour

Preheat the oven to 350°F Bake 1 loaf for 45-50 minutes (check at the 45 minute mark since oven temperatures can vary so much) The second loaf should go into the fridge covered unt l it's ready for the oven Refr gerat ng w ll slow down the yeast Use a knife or a cake tester to check loaves for doneness You want to go right to the bottom of the loaf to check for wet ingredients

Makes 2 loaves

Rosemary Crackers

Recipe by Laura of Fresh Fare (http://rdsamplings.blogspot.com)

Crackers are great for lunchboxes – you can include them as a plain snack, with a dip (like Laura's red pepper hummus – also included in this ebook), or even with some tuna salad, chicken salad, or one of the vegan "tuna" salads in this ebook. Laura says these are "pretty delicious" and get crispier as they age.

From Laura: "Give it a try and experiment with your own spices – cayenne, smoked paprika, herbs de Provence, cracked black pepper, parmesan cheese, etc."

Ingredients

- 1 cup unbleached white flour
- 1 cup whole wheat flour
- 2 tablespoons ground flax seed
- 1 teaspoon baking powder
- 2 tablespoon chopped fresh rosemary
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 2/3 cup warm water
- 1/3 cup olive oil
- 1 egg white and 2 tablespoons water combined for egg wash
- kosher or sea salt (for garnish)
- sesame seeds (for garnish)

Preheat oven to 400°F and spray large baking sheet with non-stick spray.

Combine flours, flax, baking powder, rosemary, garlic, and the 1/2 teaspoon of salt. Add in water and oil and mix/knead until smooth dough forms. Using a small rolling pin spread dough onto baking sheet (Laura uses a drinking glass coated with flour since she doesn't have a small rolling pin). Using a pizza cutter, cut dough into squares or desired shapes. Paint dough with egg wash and sprinkle with Kosher or sea salt and sesame seeds. Bake for 15-20 minutes or until golden and crisp.

Makes a box full of crackers

Microwave Potato Chips

Recipe by Sorena of The Non-Dairy Queen (http://thenondairyqueen.blogspot.com)

Feel free to get creat ve with seasonings for this simple recipe or even swap the russets for sweet potatoes carrots (also very popular with little ones) or another root veggie or two of your choosing

From Sorena "The other n ght when we were having baked potatoes with dinner I decided to make these for the kids because the oldest one does not like baked potatoes – can you believe that? Anyway so I made these and they were a huge hit! They are actually a healthy potato chip! I like to cut them a bit th cker...I think they would be so good with hummus "

Ingredients

- Russet Potato thinly sliced
- cooking spray
- salt and pepper

Slice potatoes to your desired thickness (the thicker the longer they take to cook) Place the potato slices in a bowl, spray lightly with cooking spray and sprinkle with desired amount of salt and pepper Toss to coat. Place the slices out flat on a plate and leave a little space between them M crowave them 2-3 minutes depending on how thick they are Then flip and microwave 2-3 more minutes Keep an eye on them so they don't burn. You will notice they will start to brown and become crisp. Let them cool so they can crisp up completely

Makes lots of chips

Tofu Cottage Cheese

Recipe by Cathe of Cathe's Kitchen (http://cotheolson.blogspot.com) and author of Simply Natural Baby Food

I see a lot of lunchbox suggestions that involve cottage cheese, a difficult one to substitute for the dairy-free. Fortunately, this recipe not only hits the mark on texture and taste, but it also offers a similar nutr ent profile.

From Cathe: "This is really quick and easy to make. It s a great way to get protein and cale um. Try it with minced chives or crushed pineapple, too."

Ingredients

- 1 lb firm tofu (not silken)
- 1 tablespoon olive oil
- 1/4 cup fresh lemon juice (1 large lemon)
- 1 tablespoon tahini (optional)
- 1/2 teaspoon sea salt

D v de tofu in half. Place 1/2 in blender or food processor with remaining ingredients. Puree until smooth. Place other half of tofu in bowl and mash with fork. Pour blended tofu mixture into bowl and stir to mix.

Makes 2 cups

Mom on the Run s Simple Homemade Applesauce

Recipe by Sarah of Mom on the Run (www healthymomontherun com)

From Sarah "My girls were so excited about homemade applesauce. They love it for breakfast "

Ingredients

- 3 to 4 lbs apples (use your favorite Sarah uses Macintosh)
- 1 teaspoon ground cinnamon
- 1 cup water
- 1/4 cup of light brown sugar (can reduce or omit for unsweetened applesauce or sub in your favorite sweetener, if desired)

Peel core and quarter apples Place apples in large pot. Add the c nnamon water and brown sugar (if using) to the pot Cover and bring apple mixture to a boil Lower heat and simmer for 20 minutes Check and stir frequently Remove from heat Mash with potato masher to allow for smoother apple consistency Ready to serve hot or refrigerated

Makes 4 servings

More Great Ideas

From Kat of Keep n The Faith (www.keepnthefaith.com)
Pizza on the Go – Take a whole wheat tortilla and spread a thin layer of pizza sauce on top (or hummus if the child likes it!). Sprinkle some part skim mozzarella cheese on top, followed by turkey or vegetarian pepperoni. Roll tortilla up and heat in the microwave a few seconds, slice into rounds, then pack into the child's lunch.
Allergy Free From Options – Feel free to use a spelt or gluten free tortilla in place of the whole wheat one. For a dairy free option, use a vegan cheese alternative (Daiya is a good allergen free option that melts well) or simply go cheese free, but add some sliced or chopped olives for extra flavor.
Cream Cheese and Berry Sandwich – Kat's little brother loves this one. Spread a thin layer of reduced fat cream cheese onto whole grain bread (gluten free, wheat, or spelt based). Sprinkle a little cinnamon on there, and top with thinly sliced strawberries (or bananas or any other favorite fruit).
Allergy Free From Options – Tofutti non hydrogenated cream cheese alternative (look for the yellow label) is a surprisingly good option that is readily available, though there are a few vegan cream cheese alternatives on the market. For a dairy free and soy free option that is delicious, use the easy Cashew Crème Cheese recipe from *Go Dairy Free*.

From Meredyth of Mission Vegan (www.missionvegan.com)
PB&J-dilla – Spread some natural (organic) PB (or other nut or seed butter) on one side of your tortilla. Top with jam of choice. Add some fruit, if you want (sliced banana and green apple work nicely). Fold. Place in a hot skillet and toast about 2 minutes per side. Remove from pan, cut into quesadilla-style wedges and serve or pack into lunchboxes.

From Lindsay of Cotter Crunch (http://cottercrunch.blogspot.com)
Apple Crispers – Slice up red or green apples, put a toothpick in each one, dip in honey, then dip in brown rice krispies or a healthy cereal such as gorilla munch offered at Trader Joe's.

From Katie of Making Food and Other Stuff (http://makingfoodandotherstuff.wordpress.com)
Banana Lunchbox Sushi – Spread peanut butter, sunflower seed butter, or your favorite nut butter on a whole grain or gluten free tortilla. Put a small banana at one end, but gently push the ends of the banana down breaking it just enough to straighten (alternately, you can slice the banana and simply place the slices over the nut butter). Roll up and cut like sushi.
Silky Nut Dip – Puree some nut or seed butter with silken tofu or yogurt (regular, greek, or dairy-free – use coconut milk yogurt for soy-free), and add a touch of your preferred sweetener. Pack up as a dip with apples and crackers. Make sure to dip the apples slices in some citrus before packing to keep them from browning.
Breakfast Burritos on the Go – Scrambled eggs with mild salsa, rolled up in a tortilla. For dairy free scrambled eggs, opt for a neutral or savory unsweetened milk alternative, such as hemp milk, coconut milk beverage, or soymilk.
Hearty Egg Muffin – English muffin, topped with scrambled egg, sausage (turkey or veggie), and optionally with cheese (regular or dairy-free).
Allergy Free From Options – I like Kinnikinnick for gluten-free, but whole wheat and spelt English muffins are available for those who can have wheat.

From Heather of Heather Eats Almond Butter (www.heatheratsalmondbutter.com)
Avocado/Banana/Nut Butter Wrap – A unique combination to be sure, but Heather swears it's worth trying. Excellent source of good fats for little bodies.
Baked Sweet Potato – Heather likes to wrap leftover baked sweet potatoes in foil, and store them in the fridge for a quick and portable lunch. She tops hers with nut butter (of course), which is a great option. Your child might like this, or a sweet maple butter, salsa, etc.

From Marta of Yummy Veggies (http://martasrecipes.blogspot.com)
Hummus Spread Sandwich – A great cold sandwich is one that's made with hummus (chickpeas) spread on the bottom. Fresh sliced tomatoes, lettuce and avocado. Hummus also works well as a dip for veggies or chips.

From Susan of Fat Free Vegan (http://blog.fatfreevegan.com)
E's Mexican Sushi – Susan's daughter, known as E on her blog, proclaims this her favorite lunchbox meal. They warm up some fat free refried beans, heat a fat free tortilla, and then spread the beans all over one side of the tortilla. Then they put a strip of black olives, grape tomato halves, and lettuce down the middle and roll it up jelly roll style. Susan cuts it into four pieces and pack them in a cheapy plastic container. E says that these stay nice and soft and she doesn't even need to heat them up!

From Melissa of Frugalissa Finds (www.frugalissafinds.com)
Premade PB & J's – Hold the Soggy! – Take a loaf of bread, and make it 100% into peanut butter & jelly sandwiches (substitute sunflower seed butter for "nut free" policies). Spread a thin layer of peanut butter on the jelly side before you put the jelly on to keep the bread from getting soggy. Put all the sandwiches back in the bread bag, and throw it in the freezer. When packing lunches, pull out the frozen sandwiches and pop them in the lunches. They are thawed by lunch time, and you'd never know they were even frozen.
Kids in Action – Have them pack their own lunch this allows them active participant and empowers them. The earlier they learn this skill, the easier your own life is going to be, and the more likely that they will eat their whole lunch, even the healthy stuff! Melissa even started her child pre-kindergarten, and he did a great job. She recommends doing it the night before, since mornings can be busy enough. What she does is give him options from each of the major categories (fruit, vegetables, high fiber grains, high protein food, etc.) and he picks one from each category.
Offer a Selection, but Keep it Limited – Give your kids a choice about what they want in their lunch. Offer grapes, raisins or blueberries. Don't say "What do you want?" because they'll likely ask for a sugar laden snack!

From Kim of Cook it Allergy Free (www.cookitallergyfree.com)
Quick Chicken Salad Sandwich – Shred or chop some leftover chicken, and combine it with diced celery, dice apples, cut grapes, a tiny bit of organic or vegan mayo, a squeeze of lemon, salt and pepper to taste. Serve on whole grain (or gluten-free) pita bread, sandwich slices, or bagel.
Bagel with Lox – Top a whole grain or gluten free bagel with dairy or vegan cream cheese, cucumber slices, and a layer of smoked salmon.
Eggs – If not a problem for you or your little one, pack a hard boiled (peeled) or deviled egg.
Potatoes Marinara – Pack leftover roasted Fingerling potatoes with marinara sauce for dipping.
Fruit with Pumpkin Pie Dip – Combine some pureed pumpkin or sweet potato with pumpkin pie spice and a little honey. This is good with apple or pear slices – just be sure to dip them in a little citrus juice to prevent browning.
Popcorn – Coat homemade popcorn in a little coconut oil or olive oil and sprinkle with a little salt.

From Laury of The Fitness Dish (www.thefitnessdish.com)
Brown Rice Wraps – Laury uses Food for Life brown rice tortillas, but you can use Trader Joe's or another whole grain version. Laury's rule for making wraps is "no more than 5 ingredients, less is better!" She recommends beans and/or tofu for protein, some veggies that your child enjoys and their favorite filling (see the recipes in this ebook or select on from your own options) or a little bit of a salad dressing that they enjoy. Keep the dressing light or serve it on the side to prevent the wrap from getting soggy in transit.

From Miss Dropsie of Healthy Food, Healthy Mind, Healthy Me (http://missdropsie.blogspot.com)
Keep Go-To Products on Hand – As much as we would all love to make everything from scratch, it just isn't going to happen. So finding some whole food products that you trust and that your family enjoys is key. Miss Dropsie counts on products like Mary's Cookies. "They are about $5 (CDN) for the box, and the box had maybe

20 cookies. Not cheap, but very worth it. This is the kind of "treat" you can feel good about giving the kids. Plus they are nut free so safe for school lunches."

From Marianne of French Fries to Flaxseeds (http://frenchfriestoflaxseeds.wordpress.com)
Invest in Thermos type Containers – Use them to enjoy warm soups & stews instead of cold sandwiches. They can also be used to keep yogurt or cottage cheese cold.
Homemade Lunch Kits – Instead of spending the extra money on pre-packaged lunch kits, make your own with fresh veggies, whole grain crackers or pita wedges, turkey pepperoni, low fat cheese, and a healthy dip like hummus, guacamole, or salsa. Add a piece of fruit, and you've got a complete balanced lunch.
Stir-Fry Wraps – Use leftover stir fry meat and veggies in a wrap with some shredded lettuce or cabbage.
Single-Serve Soup – Make large pots of soup or stews and freeze in single serving portions.
Lunchtime Yogurt Parfaits – Pack some yogurt (dairy free or regular), fruit and granola, for a build your-own parfait away from home.

More Ideas Unearthed by Me, Alisa of Go Dairy Free (www.godairyfree.org)
Frozen Fruit Juice Boxes – I learned this one from Jamie Oliver. Include one 100% fruit juice box, not from concentrate. Freeze it to make a "lunch box fridge" to keep food safe while it sits. By lunch, the drink is like a slushy.
Salad in a Bag – This is another good one from Jamie. Take a plastic bag (optionally decorate it with stickers) and fill with veggies. Teach the kids to add the dressing to the bag, and then shake it over their heads to toss the "salad."
Deli-Style Subs – Give an ordinary sandwich deli-appeal. Use hearty rolls or bread (can toast – see the hamburger bun recipe in this ebook), pile with some good quality deli meat (such as Applegate Farms) and any veggies your child will eat (lettuce, tomatoes, olives, sprouts, onions, green peppers, etc.). Sprinkle on a wee bit of salt, pepper, balsamic vinegar, and olive oil. These finishing touches aren't overpowering, but will up the flavor punch.
Hot Pockets – Turn leftovers (think stir fries, roasted veggies, pulled pork or chicken, etc.) or fillings (like the ones in this ebook) into hot pocket sandwiches with puff pastry dough. Cut the pastry in quarters, spoon filling in the middle of each square. Fold, press closed and bake at 375°F for about 15 minutes, or until the pastry is a nice golden brown. At Bon Appétit, they recommend wrapping the pocket sandwiches in parchment to prevent the crust from getting soggy.
Open-Faced Cracker Sandwiches – Crackers make a great and sturdy alternative to bread in lunch boxes. Spread the crackers with nut butter, apple butter, hummus, cream cheese (dairy-based or vegan), mashed avocado with a dash of lemon juice and a pinch of salt, or even a combination of the cream cheese and avocado. Top with sliced veggies or fruit. Cucumbers and tomatoes are a good veggie option. For fruit, sliced peaches or apples (dipped in a little citrus to prevent browning) with a sprinkle of cinnamon is a nice treat. Use homemade crackers or go for brands like Mary's, which are all natural, gluten free, and nut free.
Pack-along Pizza – Pizza can taunt kids at school, so why not include your own, healthier homemade version? Use whole grain or gluten free dough (many stores even have refrigerated whole wheat dough if you don't have time to make your own, or you can use one of the easy dough recipes from *Go Dairy Free*, there are ones for whole wheat, spelt, and gluten free pizza crusts). You can even use a toasted tortilla or pita round in a pinch. Top with flavorful ingredients like olives and caramelized onions, and if you can, sneak some veggies on. For dairy free, you can go cheese-free (trust me, it's good!), pick a good melting cheese alternative like Daiya, or enjoy a tasty alternative like Young May's Humnut Topping (www.ohhmay.com) – combine equal parts hummus and nutritional yeast (2 to 3 tablespoons of each), thin with a little water, spread on the pizza, top with toppings of your choice, drizzle with a wee bit of tahini, and sprinkle with paprika for an "authentic" look.
Crunchy Veggie Dippers – At the beginning of the week, slice carrots, celery, bell peppers (red and yellow are sweeter), and/or jicama into sticks or strips and store them in water until ready to ship off to school in baggies. Send along a favourite dip or salad dressing for dunking.

Trail Mix— Noth ng beats trail mix for a hearty snack on the-go anyt me of day Elana (of Elana s Pantry www elanaspantry com) swears that the s mple mix of macadamia nuts dried cranber es and dark chocolate (yes, 73% dark!) was devoured by her son s little league team But really anything goes with trail mix— nuts seeds granola chunks, dried fruit etc Just use caution w th chocolate in wermer weather as t can eas ly melt in hot little hands and make quite a mess!

Add Texture— Maybe your kids aren t hooked on creamy If not, add some crunch and nutrition to smooth items — sprinkle toasted sunflower or pumpkin seeds over hummus mix cream cheese (dairy or vegan) with diced fru t (or dried fru t that s rehydrated a bit) top yogurt or homemade pudd ng with a crispy granola or hearty cereal— you get the deal

Ants or Lady Bugs on a Log— An old favor te Spread peanut butter or other nut or seed butter in the crev ce of celery sticks Top each with a few raisins (ants) or lady bugs (dried cranberries or Craisins) If desired sprinkle with a little cinnamon

If you would like to share some more of your favorite healthy recipes or ideas for lunchboxes or easy breakfasts visit me Alisa Fleming, at **www.DairyFreeandFit.com** or **www.OneFrugalFoodie.com**, and leave a comment on a current post. I do respond to all inquiries!

Bon Appetit!